The world's largest global newspaper
metro®
TORONTO • TUESDAY SEPTEMBER 8 2009 metronews.ca

RBC

RBC Direct Investing™

vancouver 2010

PREMIER NATIONAL PARTNER

Practice online investing without using real money.

Get started at
rbcdirectinvesting.com/practice

RBC Direct Investing™

vancouver 2010

PREMIER NATIONAL PARTNER

Confidence is always a great investment.

Introducing RBC Direct Investing Practice Accounts.

Now you can gain confidence in your investing skills without the risk. With an RBC Direct Investing™ Practice Account, you can test drive online investing without using real money. Learn to invest on your own terms with access to a host of powerful tools and educational resources to help you build your investments knowledge. Take control of your financial future with an RBC Direct Investing Practice Account.

Get started at rbcdirectinvesting.com/practice

CREATE

A FUTURE WITH PEACE OF MIND

RBC Direct Investing Inc.*, and Royal Bank of Canada are separate corporate entities which are affiliated. *Member CIPF. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. ™Trademark of Royal Bank of Canada. ® Registered trademark of Royal Bank of Canada. Used under licence. © Copyright 2009. All rights reserved. ™© 2008, VANOC. Used under licence.

Text alerts to keep you from overspending

fido

The world's largest global newspaper

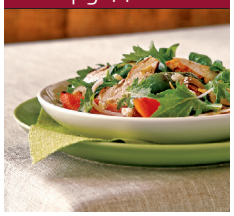
metro

TORONTO • TUESDAY, SEPTEMBER 8, 2009 metrone

Celebrity pg 55

Madonna seeks to mend family ties

Food pg 44



Starting today, our Food section appears every Tuesday to bring you great recipes earlier in the week — and give you more time to plan your weekend entertaining.

World pg 18

Two more Canadian soldiers dead

Student Cents pg 30

Thrifty ways to have fun

ShareYourViews
torontoletters@metronews.ca

Football **Labour pains**

CHRIS YOUNG/THE CANADIAN PRESS

Toronto Argonauts quarterback Cody Pickett gets sacked by Hamilton Tiger-Cats Jamal Johnson during yesterday's CFL game in Hamilton. The Tiger-Cats beat Toronto 34-15, entrenching the Argos firmly in the CFL East basement with a 2-7 record. More coverage, page 32.

Mayor's message

Miller wants job creation

Mayor David Miller shrugged off a snub from Labour Day parade organizers yesterday and took his message straight to the marchers.

David Miller

Miller had been told by the Toronto and York Region Labour Council last week that he wasn't welcome to march in the annual parade. Its members are unhappy with his handling of the 39-day municipal workers' strike by 30,000 members of the Canadian Union of Public Employees this summer.

As speculation of a federal election swirls, he urged workers to question political parties about their plans to create jobs.

Miller sloughed off the decision to keep him out of the parade. "I'm sure the leadership of CUPE is still recovering from the strike," he said. "I'm happy to be out here with the people who actually build this city. It's about celebrating that work."

More than 27,000 people and 40 unions, representing all kinds of workers, marched along Queen Street West in the annual parade.

TORSTAR NEWS SERVICE

Time to get smart! Metro goes mobile!

Starting today, Metro has an all new mobile site, m.metronews.ca — your best destination for up-to-the-minute news and entertainment on any web-enabled phone.

At m.metronews.ca, you'll find these new features — available on your phone, anywhere, any time:

- More news, entertainment, and sports scores.
- Movie reviews, showtimes and, for iPhone users, trailers on-the-go.
- The answers (yes, right away!) to our crosswords and Sudoku puzzles.
- Water-cooler gossip and videos, such as the Metro-Tube of the Day.

News on the Move

What's this bar code for?

Find out on pg 3

Our new Viigo and iPhone apps download the latest news to your phone, so even if you're not getting any reception, or someone snagged the last copy of Metro from our boxes, "young, active, metropolitans across Canada can access Metro on their phones whenever they want from wherever they are," says Metro English Canada Group Publisher Bill McDonald.

Here's how to do it: Go to m.metronews.ca, text GETMETRO to 82442 for a link to the site, or download Viigo for BlackBerry, free at viigo.metronews.ca. The free iPhone app will be available soon.

So, get smart with Metro at m.metronews.ca.

Cadbury one for me
You could win† $100,000 for you.

one for you*
And $100,000 for the charity of your choice.‡

Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca

†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Classes that turn practical skills into creative careers

A Continuing Education Success Story – Although she had an impressive business degree, Olivia Glauberzon initially had trouble finding a career direction that excited her. But things changed when she took the Writing for Magazines course offered through Continuing Education at George Brown. Olivia was impressed by the course's real-world applicability: she learned not just how to write but how to think like an editor and sell her writing. Those skills helped Olivia secure a regular newspaper column and, later, a research editor position. With support from her employer, she plans to continue taking courses in order to complete the Journalism Certificate.

The English and Communications and Languages certificates and courses offered in Continuing Education at George Brown give you the support you need to be a great communicator in many languages. We offer evening and weekend classes in the following areas:

English and Communications

BASIC ENGLISH
English as a Second Language (ESL)
English Foundations
Quick Skills

CREATIVE WRITING
Creative Writing
Novel Writing
Short Story Writing
Writing for Children

GENERAL COMMUNICATIONS
Interpersonal Communications
Speaking

PROFESSIONAL COMMUNICATIONS
Business Writing
Editing and Publishing
Journalism
Technical Communications

Languages
Arabic
Chinese
French
German
Greek
Italian
Japanese
Portuguese
Russian
Spanish

For further details about the English and Communications and Languages courses offered, go to coned.georgebrown.ca/english or coned.georgebrown.ca/languages.

Find out how you can achieve your own success with your free George Brown College Continuing Education Course Guide.

Pick up your copy at Gateway Newstands in TTC and GO stations.

GEORGE BROWN COLLEGE

Register now for fall classes at
coned.georgebrown.ca

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local

Hockey kids victims of HST, say NDP

Ontario NDP Leader Andrea Horwath says a harmonized sales tax will penalize hockey kids across the province. Horwath, left, appeared at a community centre in Toronto yesterday, where she criticized plans to merge the federal and provincial sales taxes. She says the HST will add eight per cent more to the cost of renting ice time for teams. Currently, more than 250,000 young people participate in organized hockey leagues in Ontario, but many more cannot afford to play, the NDP leader said. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

INDEX

Canada Pg 10
World Pg 18
Comment Pg 24
Business Pg 26
Sports Pg 32
Celebrity Buzz Pg 55

Tomorrow's Metro

Comment & Views

Paul Sullivan brings his take on modern Canadian life in The West View

metronews.ca

WHAT'S ONLINE TODAY

Video The bodies of two Canadian soldiers are on their way home from Afghanistan. A ramp ceremony was held yesterday for Maj. Yannick Pepin and Cpl. Jean-Francois Drouin, who were killed over the weekend by a roadside bomb at **metronews.ca/canada**

Lotteries

Results not available at press time.

ADVERTISE TODAY!
1 888 91 metro (63876)

Peace pipe celebrates dead cyclist's spirit

The father of a cyclist killed during an altercation on the streets of Toronto joined native leaders in smoking a peace pipe during a traditional ceremony to commemorate his son.

About 50 people gathered in a hall at the Native Canadian Centre yesterday to pay respects to 33-year-old Darcy Allan Sheppard.

Sheppard was the bike courier who died after a high-profile altercation a week ago.

Former Ontario attorney general Michael Bryant is charged with criminal negligence causing death and dangerous operation of a vehicle causing death. He is due in court next month, but insists he is innocent in the charges he faces.

On Sunday, members of Toronto's Aboriginal community beat a drum, sang traditional songs, lit sage and tobacco and passed around a peace pipe in a ceremony to mark Sheppard's passage to the spiritual world.

"My son probably wanted the money I gave him to feed his demon of the moment, but he was still willing to share it with someone whose need was greater than his." Allan Sheppard Senior

Sheppard, who is of Cree, Metis and Ojibwa heritage, was remembered as a friendly, car-hating, troubled and generous character with a lust for life.

Sheppard's aunt, Sylvia Segal, read a message from the cyclist's father, Allan Sheppard Senior, who flew from Alberta to collect his son's body and bring it to Edmonton.

The father's message acknowledged his son's tumultuous past, speaking of his son's teen years spent in a secure treatment facility, his time as a squeegee guy in Toronto, and the time he asked his father for money, only to give it to a friend sleeping on the street and dying of AIDS.

"My son probably wanted the money I gave him to feed his demon of the moment, but he was still willing to share it with someone whose need was greater than his."

Outside, a sacred fire wafted scents of cedar onto the busy downtown streets, while about 10 police officers with bicycles waited in a nearby alley.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Find out how to scan this barcode on pg 3

News in brief

PROWLER Police are looking for a man in connection to series of complaints of a ladder-wielding peeping Tom in the Grange Park area. After investigating, police say a single suspect is behind incidents involving a prowler lurking outside windows on ground and upper floors, sometimes using ladders left outside of neighbouring buildings such as garages to peek inside homes on Henry Street near Dundas Street West and Beverley Street. The suspect is described as male, white, five-foot-nine to six-foot-one, thin to medium build, between 26 and 36 years old. At the time of the incidents, the suspect had been wearing a cream coloured ball cap and a yellow shirt.

TORSTAR NEWS SERVICE

Parade **For the working man**

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Yesterday marked Toronto's annual Labour Day parade on Queen Street West heading to the CNE. Jacqueline Amber, 4, adds to the parade ambiance with her musical help.

Integrity commissioner starts at Toronto City Hall

As Janet Leiper starts her job today as Toronto's integrity commissioner — a role that involves overseeing and pronouncing on the ethical behaviour of elected officials — she comes armed with experience that should prepare her for any surprises.

Janet Leiper

"The fit was right," says Leiper, 48, who has been a criminal defence attorney as well as an investigator, prosecutor and defender of lawyers facing discipline at the law society.

"It's very helpful when you're thinking about this kind of job to be able to see it from a number of perspectives."

She comes with a lengthy resumé that includes serving as chairwoman of Legal Aid Ontario from 2004-07 as a visiting professor at Osgoode Hall Law School and as alternate chairwoman of review boards in Ontario and Nunavut, presiding over hearings to determine whether individuals found not criminally responsible can be freed.

TORSTAR NEWS SERVICE

GAME ON. AND ON. AND ON. AND ON.

Enjoy gaming with multiple users at uncompromised speeds on one internet connection, with no lag time and no waiting.

ROGERS HI-SPEED INTERNET.
THE FASTEST AND MOST RELIABLE. PERIOD.*

Switch to the speed you need.
Call **1 866 472-3059** or visit **ProvenFastest.com**

ROGERS™

*Fastest and most reliable speed claim supported by independent third-party research conducted by comScore Inc., comparing average download speed to the equivalent speeds of the incumbent DSL provider. Testing completed in the Rogers Ontario footprint from October 1, 2008 to January 31, 2009. ™Trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2009 Rogers Cable.

Cycling powerhouse in town next weekend

Lance Armstrong, seven-time winner of the Tour de France and famed cancer survivor, will ride into Toronto next weekend. Close to 50 Canadian riders will be able to accompany Armstrong on the charity ride, which will be 100 km long. TORSTAR NEWS SERVICE

Lucky spin sparked 'Little Ethiopia'

Patrons were beginning to complain.

"This place is like an oven," they would say, and co-owner Daniel Bekele could only agree.

Six months after opening in early 2007, he couldn't afford $2,000 for an air conditioner at his Ethiopian restaurant, Wazema, on Danforth Avenue.

The bar looked boxy, the decor lacked style and the washrooms needed upgrading, he says. But the food was good and he had a premonition that he was, as he says, "going to get something from somewhere."

His feeling grew and that Father's Day he rounded up three friends to drive to Casino Rama. Within minutes — on his second spin at a $50 slot machine — he won $190,000.

Bekele gave each friend $10,000 and put the balance toward Wazema, revamping it to be one of the city's top Ethiopian restaurants.

The makeover not only drew new customers, but also attracted other Ethiopian businesses, to the point where Wazema now stands as a centrepiece of a Danforth strip people are beginning to call "Little Ethiopia."

Since Wazema's renovations, such eateries as Ibex, Fasiledes and Dukem have popped up, followed by a mix of other businesses. TORSTAR NEWS SERVICE

On the road to revolution

Cutting edge collaborative classes rise in popularity

No rows of desks in this classroom, and no teacher lecturing at the front.

In fact, that's something Barrie teacher Liz Collett rarely does. Instead, she's on the move, talking to students about their work, from the small group sitting on the floor playing Monopoly to others nearby figuring out a math problem.

The children in this Grade 2/3 class have not taken a spelling test all year — in fact, the school avoids all pencil-and-paper tests — nor have they been assigned homework. Instead, their teacher gives them immediate feedback on their work throughout the day; they rarely hand in something for a final grade that she hasn't gone through with them and handed back with tips for improvement.

BILL SANDFORD/TORSTAR NEWS SERVICE

Educational assistant Morusha Doyle helps students in Liz Collett's Grade 2/ 3 classroom at Prince of Wales School in this June file photo.

Welcome to the school of the 21st century, a place where teachers and students collaborate and co-operate. Such cutting-edge classrooms, gaining ground across Ontario, are trying things that some might consider coddling kids or even lowering the bar.

Without it, educators say schools risk tuning out — or worse, turning off — today's learners. And though critics accuse schools of dumbing things down, others will say such changes are actually based on the newest research on how to appeal to today's youth and boost not only their interest, but their achievement.

The Canadian Education Association found only about one-third of 32,000 students across the country, from Grade 5 to 12, are interested in class. Students today say they want their education to be relevant, and don't want to be simply regurgitating the facts.

"That's the kind of learning that requires you to think, and think deeply, and it may not be happening for many kids," says Penny Milton, the association's chief executive officer.

"What we could argue is that to become good learners, they need to become thinkers."

Principal Jan Olson at Prince of Wales elementary school in Barrie — where Collett teaches — says schools have basically been operating the same way since the Industrial Revolution. But the digital age is bringing an education revolution all its own.

While using technology is a part of it, what's important for students "is being able to use information and understand it, versus just remembering it."

Students know more about technology than their teachers; and they're being educated for jobs that haven't yet been created, he adds, so what they really need are transferable skills. TORSTAR NEWS SERVICE

Fashion Week struts into new venue

SHOW Toronto's LG Fashion Week is getting a new home.

Spring 2010 collections will be showcased next month at the site of a former Chrysler dealership property in the city's King West neighbourhood.

The Fashion Design Council of Canada, which organizes the event, announced the move to the new location at 1030 King St. W. in a release posted on the revamped LG Fashion Week website Friday.

"I am pleased to announce that we are moving to a new venue and creating a new home for the collections," FDCC president and LG Fashion Week executive director Robin Kay. "The event has grown significantly and we are exhilarated by the opportunity to expand the space and allow for more participating designers, audiences and to keep our runway to the world totally fresh and current."

"We are exhilarated by the opportunity to expand the space." Robin Kay, LG Fashion Week

Nathan Phillips Square, steps from Toronto City Hall, had been home to the city's Fashion Week since October 2007, where towering white tents and a big-screen monitor were set up in the heart of downtown, giving prime visibility to the event. THE CANADIAN PRESS

News in brief

ACCIDENT Ontario Provincial Police in Peterborough say a 21-year-old man from Mississauga was struck by a boat over the long weekend, and two men face charges. Police say on Saturday afternoon, the swimmer was hit while in Lake Katchewanooka near Lakefield, Ont. He was transported to Peterborough Regional Health Centre with non-life threatening injuries. Witnesses say two boats were travelling at an excessive rate of speed in a channel which is posted for low speed. A 17-year-old boy from Lakefield has been charged with dangerous operation of a vessel. Thirty-year-old Shaun Grant Cleland of Omemee, Ont., is charged with careless operation of a vessel. THE CANADIAN PRESS

YOUR MVP OF HD.

Since we launched Canada's first HD programming in 2002, Rogers has been the #1 choice among Canadians.[†] Here's why:

The most HD program choices anytime – two and a half times more than any other provider.[*] › The most HD movies. › The most HD sports. › Exclusive On Demand service – watch what you want, when you want. › Unlike satellite, Rogers HD works in any weather.

Visit **rogers.com/hd** and switch to Canada's #1 choice for HD today.

ROGERS™

[†]Based on number of HD subscribers. [*]Based on comparing total HD channels, HD pay per view channels and HD On Demand assets. ™Trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2009 Rogers Cable Communications Inc.

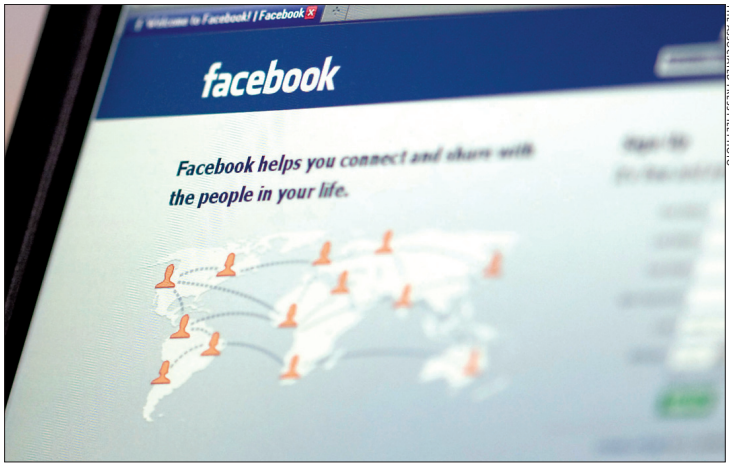
Police suspect repeat thief in break-in

An early-morning break-in at a convenience store on Sherbourne Street yesterday is suspected to be the third repeat attack by the same thief, police said. The suspect is described as male, wearing a baseball cap, a white shirt and dark-coloured pants. TORSTAR NEWS SERVICE

Evolving online etiquette

U of T sociologist suggests guarding your thoughts in public sphere

In an age in which instant news and constant life streams from Facebook and Twitter change the way we communicate, the rules of etiquette surrounding these interactions are still evolving.



THE ASSOCIATED PRESS/FILE PHOTO

Experts agree — choose your words carefully when sharing them over social media outlets.

What happens when I expected a phone call about something and read about it in a status update instead? What's the polite response to a distant friend posting bad news on Facebook? Making matters trickier, good etiquette on Facebook might not apply on Twitter or in an email.

The average person has 120 "friends" on Facebook, according to the company. In real life, the average North American has about three very close friends and 20 people they are pretty close to, said Barry Wellman, a sociologist at the University of Toronto. This means people may sometimes forget just who is reading their status updates, and can let their guard down.

"The word Facebook uses, 'friend,' of course isn't true," Wellman said. "Many people Facebook calls friends are not friends but maybe acquaintances or former friends."

Etiquette adviser Anna Post, the great-great-granddaughter of manners icon Emily Post, recommends taking a step back before rushing to type, whether it's good news about you or a response to someone else's bad news.

Indeed, tweets and status updates posted in the heat of a moment can quickly backfire. In July, a New York City government aide resigned after posting inflammatory Facebook comments about the arrest of Harvard professor Henry Louis Gates Jr. The aide, Lee Landor, had called Gates a racist and referred to President Barack Obama as "O-dumb-a."

The lesson?

Know your audience, especially if they will complain to your boss.

THE ASSOCIATED PRESS

Vegetarian Food Fair celebrating 25th year

HEALTH The benefits of a vegetarian lifestyle are being promoted in some schools and among young people, says a spokesperson for the Toronto Vegetarian Association.

"When we are manning booths at events we see kids coming to us to learn about vegetarianism and how to go about it," says Mishka Alarcon, special events co-ordinator for the 1,300-member association which was founded in 1945.

"The kids tell us that some schools even have meat-free weeks to reduce the students' carbon footprint," she says. "It's interesting that some schools are supporting these types of initiatives as well."

Alarcon says that interest in vegetarianism is growing.

"We are letting people know that a vegetarian diet is also great for their health and prevents or reverses conditions such as Type 2 diabetes, heart disease, prostate and colon cancer," she says.

Veggie Food Fair
By the numbers

- From Sept. 11 to 13, the association will hold its 25th annual Vegetarian Food Fair.
- The event will be held at the Harbourfront Centre.
- Last year it attracted more than 17,000 visitors.
- With more than 100 exhibitors, the fair also plans presentations by vegetarian doctors, nutritionists, athletes and cookbook authors.

Among the speakers will be Brenda Davis of Kelowna, B.C., author of Becoming Vegetarian, and Colleen Patrick-Goudreau of California, who wrote The Joy of Vegan Baking.

This year's food fair will feature vegetarian dishes from around the world at the World Cafe, including Mexican, Indian, Chinese and Italian.

THE CANADIAN PRESS

Treat Your Self.

TAKE PART IN A ROYAL CONSERVATORY MUSIC AND ARTS PROGRAM, WHETHER YOU'RE INTERESTED IN LEARNING (OR RETURNING TO) AN INSTRUMENT OR ANY NUMBER OF OTHER EXCITING FORMS OF PERSONAL EXPRESSION.

The Conservatory's dynamic programs offer students of all ages unparalleled intellectual, social and emotional benefits. Classes start in September. Find out more online or by visiting our exciting new home on Bloor Street, or our Mississauga campus at Cawthra and Lakeshore.

PROGRAMS BEGIN THIS SEPTEMBER

- Guitar & Violin from Scratch
- Brush up your Piano Skills
- Adult Choirs & Intro to Choral Singing
- Samba & Taiko Drumming
- Creating a Personal Vision Book
- Writing Lab & Video Making and much more...

WE ALSO HAVE A WIDE VARIETY OF CHILDREN'S CLASSES!

REGISTER NOW!
Visit us online, or call 416.408.2825
rcmusic.ca
JOIN OUR ONLINE MAILING LIST
Stay up to date about everything that's new at The RCM

KOERNER HALL INAUGURAL CONCERT SEASON
Buy tickets online or call 416.408.0208

The Royal Conservatory is located at 273 Bloor St. W., just west of Avenue Road

The Royal Conservatory™
The finest instrument is the mind.

Creative: stcworks.ca

Scarborough's $10M temple unveiled

SPIRITUALITY Lord Ayyappan has a new home.

An eponymous temple devoted to the Hindu god was consecrated in Scarborough with an elaborate ceremony spanning the long weekend and attended by an estimated 50,000 people from across North America.

"It's a very important day for us," said Thiru Sivasamy, devotee, volunteer and treasurer of the temple board, during the inauguration yesterday. "The temple has been built by first-generation Sri Lankan and Indian immigrants who may not have had too much money to donate, but had faith."

The Canada Sri Ayyappan Hindu Temple — on Middlefield Road near Finch Avenue — took more than a decade to build. It spans 22,000 square feet and cost $10 million. Yesterday, the followers celebrated Lord Ayyappan's homecoming.

"Everything is magnificent," said Arunshee Arulanantham, a 14-year-old from Scarborough, who spent the weekend volunteering at the temple. "I've never seen anything like the sculptures here."

STEVE RUSSELL/TORSTAR NEWS SERVICE

Thousands were expected to attend the Sri Ayyappan Hindu temple on Middlefield Road in Scarborough over the weekend to celebrate the opening of the $10 million temple structure.

TORSTAR NEWS SERVICE

Two killed in long weekend traffic accidents

CARS Police were out in full force this Labour Day weekend, nabbing repeat driving offenders during the cottage country exodus.

One man was clocked doing 165 km/h on a highway by OPP police, said Sgt. Dave Woodford. Another driver was cruising down the highways with a license that had been suspended for 19 years. Despite these incidents, the weekend has been chalked up as a safe one. There were no fatal crashes in Toronto and only two in all of Ontario. One person was killed in a motorcycle collision in Norfolk and a pedestrian was struck and killed in Napanee.

TORSTAR NEWS SERVICE

Can I collect more without spending more?

Yes. With the New No Fee BMO® AIR MILES®† MasterCard.®*

Now you can collect AIR MILES reward miles everywhere. Use the card for your everyday purchases and with every $20 you spend[1], you'll collect 1 reward mile anywhere you shop worldwide, and pay no annual fee.

Apply Today. Visit bmo.com/getmycard and enter code AM152
Low interest rate option available[2]

BMO® Bank of Montreal
Making money make sense™

[1]Award of AIR MILES reward miles is made for purchases charged to your account (less refunds) and is subject to the Terms and Conditions of your BMO MasterCard Cardholder Agreement. [2]11.9% interest rate available for an additional $35/year. Ongoing interest rates, payment grace days and annual fees are subject to change. ™/®Trade-mark/registered trade-marks of Bank of Montreal. ™†/®†Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal. ®*MasterCard is a registered trademark of MasterCard International Incorporated.

Two taken to hospital after plane crash

Provincial police say two people were taken to hospital yesterday after a small plane crashed north of Long Point on Lake Erie. Police say a 77-year-old Brantford, Ont., man and his 22-year-old granddaughter were a pontoon plane which flipped as they tied to land on Lake Erie. THE CANADIAN PRESS

Pandemic a no win game

Debate over flu adjuvant rages

Flu Outbreak

In the race to get pandemic vaccine into Canadian arms, public health and vaccine regulatory authorities in this country find themselves the reluctant filling in a rock-and-a-hard-place sandwich, knowledgeable observers say.

Doctors who've seen how desperately sick some swine flu patients become are pressing authorities to further fast-track vaccine approval. But a large portion of the public appears reluctant to take the vaccine, a situation that could worsen if fast-tracking deepens suspicions about the product's safety.

Individuals and organizations concerned about global equity are urging countries with vaccine contracts to stretch supplies by using boosting compounds called adjuvants so developing countries can also get some serum. Dr. Ross Upshur, director of the University of Toronto's Joint Centre for Bioethics, sums up the dilemma that federal authorities managing the pandemic vaccine file face.

Sparing use

- The World Health Organization has asked countries with first access to pandemic shots to employ vaccine sparing approaches.

"They're going to get enough vaccine for everybody to have it; nobody's going to want it, and any sequence that they can come up with of who gets it first isn't going to satisfy anybody because somebody has to go second for a vaccine that they don't want to get," Upshur said.

THE CANADIAN PRESS

Film Fest **The stars come out**

JOHN K. KENNEDY/FOR METRO TORONTO

Transformers star Megan Fox and her boyfriend, actor Brian Austin Green, walk back to their rented condo after a sushi meal at Asuka in Yorkville over the weekend. Green is in the city to make the Hallmark Channel movie The Wild Girl and Fox will attend the Toronto International Film Festival to promote her new flick Jennifer's Body.

Labour leader shuns good news statistics

JOBS A women labour leader says there's a dark side to Statistics Canada figures suggesting that for the first time in history there are more women than men in Canada's workforce.

0.6% In the past year, employment among women has risen by 0.6 per cent, while men's employment has fallen by 1.7 per cent.

A recently issued labour force survey found that about 7.1 million women were in paid employment during the first half of 2009, compared to 6.9 million men.

Women outnumbered men in both the "under 25 years" and the "25 years and over" demographics.

Women are taking part-time and any work they can get, to put food on the table for their families, said Lesley Bell, a registered nurse and CEO of the Ontario Nurses' Association.

"Women are only paid 71 cents on the dollar in relation to men so they're cheaper costs," Bell, whose association is 98 per cent women, said.

"Women are getting more work, but at a much lower rate usually."

THE CANADIAN PRESS

Two injured in armed robbery

CRIME Two people have been injured during an armed robbery at an electronics store in Markham.

Const. Patrick Smyth says four suspects entered the Circuit City store at about 12:30 p.m. on Sunday. The suspects — one of them brandishing a handgun — forced three employees and a customer into a back room where they were tied up and assaulted with a metal bar, Smyth said. The suspects then took cash and electronics.

THE CANADIAN PRESS

TAKE CONTROL OF YOUR FINANCIAL FUTURE!

Attend Canada's National FRANCHISE & BUSINESS OPPORTUNITIES SHOW

SEPTEMBER 12 & 13
INTERNATIONAL CENTRE

See Canada's best known Franchises plus the hottest new concepts now looking for Franchisees and Dealers!

- CANADA'S LARGEST "OWN YOUR OWN BUSINESS" EVENT!
- FULL TIME AND PART TIME BUSINESSES AVAILABLE.
- FIND THE PERFECT BUSINESS FOR YOU!

FREE power-packed seminars including professional advice offering all the info *you need to know* to own your own business.

Saturday & Sunday 11 am - 5 pm • 6900 Airport Road, Mississauga
Admission $10 • For info call 1-800-891-4859 ext. 300

Save money, buy tickets on-line!
www.TorontoFranchiseShow.com

LAZAL
Fashion and Accessories

GRAND OPENING SALE!

Up to 10% off of all items!
Including all custom orders!
September 9 — September 12
Clarkson Crossing
950 Southdown Rd. Unit B-3 Mississauga, ON
Across from Clarkson GO Station

Fashion and Accessories
Hundreds of different selections of beautiful dresses, formal suits and dress shirts for you to choose from!
Many elegant accessories to go with ANY dress.

Crystal Decorations
Great looking crystal decorations that are perfect for your homes and office. Give your friends and family the perfect gift.

Custom Suits and Dress Shirts
Professionally designed and made to your likings and your needs. You tell us what you want, we will make it for you. Suits are priced from $499.99 to $1299.99. Dress shirts are priced from $69.99 to $129.99

Custom Night and Wedding Gown
Elegant evening and wedding gowns the way YOU want it! You bring us the fabric you want, we will make it for you! Make your big day perfect or be the one that stand out at your party!

Professional Alteration
Professional alterations that will make anything fit you. We will do any type of alteration including jean hem starting from only $7.50.

Phone: (905) 823-9869 Email: angela@lazalinc.com

BACK TO SCHOOL PHONE SALE.

Talk for less than lunch money.

LG Rumour™ $25
on min. 2-yr term ($125 no term)

Samsung Cleo™ $0
on min. 2-yr term ($100 no term)

Samsung Link™ $25
on min. 2-yr term ($125 no term)

BlackBerry Pearl® $0
on min. 3-yr voice and data plan ($450 no term)

Samsung m230 $0
on min. 2-yr term ($75 no term)

Plus: Buy now and get unlimited text messaging on select plans!

solomobile.ca 1 877 999-SOLO

Solo™ mobile

Available at the following Solo Mobile kiosks:

BARRIE
Georgian Mall
BRAMPTON
Bramalea City Centre
BURLINGTON
Burlington Mall
ETOBICOKE
Woodbine Centre
HAMILTON
Lime Ridge Mall
KITCHENER
Fairview Park Mall
LONDON
Masonville Place
MISSISSAUGA
Erin Mills Town Centre
Square One Shopping Centre
Dixie Outlet Mall
NEPEAN
Bayshore Shopping Centre
NEWMARKET
Upper Canada Mall
NORTH YORK
Fairview Mall
OSHAWA
Oshawa Centre
OTTAWA
Carlingwood Shopping Centre
Rideau Centre
St. Laurent Centre
RICHMOND
Hillcrest Mall
SCARBOROUGH
Scarborough Town Centre
Scarborough Town Centre II
ST. CATHARINES
Pen Centre
SUDBURY
New Sudbury Centre
THORNHILL
The Promenade Shopping Centre
TORONTO
Centerpoint Mall
Dufferin Mall
Toronto Life Square
Yorkdale
VAUGHAN
Vaughan Mills
WINDSOR
Devonshire Mall

Available at the following Bell stores:

AJAX
Durham Centre
ALLISTON
36 Young St.
ANCASTER
Meadowlands Plaza
AURORA
14751 Yonge St.
Unit 2
Smart Centres Aurora
BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall (kiosk)
BELLEVILLE
Quinte Mall
BOLTON
Smart Centres Bolton
BOWMANVILLE
Clarington Place
BRACEBRIDGE
Bracebridge Shopping Centre
BRAMPTON
59 First Gulf Blvd
100 Great Lakes Dr.
10086 Hurontario St.
Airport & Hwy 7
Bramalea City Centre
Shoppers World
BRANTFORD
Brantford Harmony Square
Lynden Park Mall
Sobeys Plaza
BROCKVILLE
1000 Islands Mall
BURLINGTON
1100 Walker's Line
Appleby Crossing
Appleby Mall
Burlington Mall
Mapleview Mall
CAMBRIDGE
499 Hespeler Rd
Cambridge Centre
CHATHAM
853 St. Clair St.
Downtown Chatham Centre
COBURG
Northumberland Mall
COLLINGWOOD
Blue Mountain Mall
COOKSTOWN
Cookstown Outlet Mall (kiosk)
CORNWALL
Cornwall Square
DUNDAS
101 Osler Dr.
ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre
FERGUS
890 Tower St. South
FORT ERIE
International Gateway Centre
GEORGETOWN
330 Guelph St.
GODERICH
Suncoast Mall
GUELPH
240 Silvercreek Pkwy
Clairfield's Centre
Stone Road Mall
HAMILTON
1289 Upper James St.
Centre Mall
Eastgate Square
Lime Ridge Mall
Lloyd D. Jackson Square
HANOVER
425 10th St.
HUNTSVILLE
Huntsville Place Mall
KANATA
510 Earl Grey Dr.
KESWICK
Glenwoods Centre
KINGSTON
Cataraqui Town Centre
Kingston Centre
Taylor Kidd Marketplace
KITCHENER
3012 King St. East
Fairview Park Mall
Highland Hills Mall
Sunrise Shopping Centre
LEAMINGTON
County Fair Mall
LINCOLN
4961 King St. East
LINDSAY
229 Kent St. West
Whitney Town Centre
LONDON
125 York St.
1920 Dundas St. East
Masonville Place
Westmount Shopping Centre
White Oaks Mall
MAPLE
2810 Major Mackenzie Dr.
MARKHAM
8392 Kennedy Rd
7357 Woodbine Ave.
Cachet Village
Market Village
Markville Shopping Centre
Pacific Mall
RioCan Marketplace
MIDLAND
Mountainview Mall
MILTON
377 Main St. East
MISSISSAUGA
980 Eglinton Ave. East
2800 Skymark Ave.
6965 Davand Dr.
Central Parkway Mall
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre (kiosk)
Smart Centres Westgate
NEPEAN
50 Market Place Ave.
1541 Merivale Rd
Bayshore Shopping Centre
NEWMARKET
Upper Canada Mall
NIAGARA FALLS
3714 Portage Rd
Niagara Square
NORTH BAY
975 McKeown Ave.
Century Centre Plaza
Northgate Square
NORTH YORK
1635 Lawrence Ave. West
170 Rimrock Rd
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall
OAKVILLE
Hopedale Mall (kiosk)
Oakville Place
Winston Power Centre
ORANGEVILLE
114 Broadway Ave.
ORILLIA
Orillia Square Mall
ORLEANS
Place d'Orleans
Smart Centres Orleans
OSHAWA
Five Points Mall
Oshawa Centre
OTTAWA
247 Bank St.
2184 Thurston Dr.
Billings Bridge Plaza
Carlingwood Shopping Centre
Rideau Centre
St. Laurent Shopping Centre
OWEN SOUND
Heritage Place Shoppers Drug Mart Plaza
PARRY SOUND
Parry Sound Mall
PEMBROKE
1018 Pembroke St. East
PETAWAWA
3471B Petawawa Blvd
PETERBOROUGH
746 Lansdowne St. West
Lansdowne Place
PICKERING
570 Kingston Rd
Pickering Town Centre
RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
Richmond Heights Plaza
Time Square
Shopping Centre
SARNIA
531 Murphy Rd
Lambton Mall
SAULT STE. MARIE
270 Bruce St.
Station Mall
SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Chartwell Shopping Center
Eglinton Square
Malvern Town Centre
Parkway Mall
Scarborough Town Centre
SIMCOE
Simcoe Town Centre
SMITHS FALLS
16 Beckwith St. South
ST. CATHARINES
420 Vansickle Rd
Fairview Mall
Pen Centre
ST. THOMAS
1063 Talbot St.
STITTVILLES
1250 Main St. Unit 2
STRATFORD
400 Huron St.
Festival Marketplace
SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall
THORNHILL
2900 Steeles Ave.
Promenade Mall
TILLSONBURG
Tillsonburg Town Centre
TORONTO
2256 Bloor St. West
209 Danforth Ave.
700 Gordon Baker Rd
85 Hanna Ave.
320 Queen St. West
2171 Queen St. East
2323 Yonge St.
Brookfield Place
Chinatown Centre
College Park
Commerce Court
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Shops at Don Mills
Royal Bank Plaza
Scotia Plaza
Toronto Life Square
Yorkdale (kiosk)
TRENTON
260 Dundas St. East
UXBRIDGE
307 Toronto St. South
VAUGHAN
Vaughan Mills
WATERLOO
Conestoga Mall
WELLAND
589 South Pelham St.
Seaway Mall
WHITBY
Whitby Mall
Smart Centres Whitby
WILLOWDALE
Fairview Mall
WINDSOR
4118 Walker Rd
St. Clair Shores
Tecumseh Mall
WOODBRIDGE
4080 Hwy 7, Suite 3

Available at: Costco Wholesale · booth the telephone booth · Walmart Save money. Live better. · Wireless etc... · Wirelesswave

Offer ends September 15, 2009; with new activation. Available within Solo Mobile network coverage areas. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. [1] Available on Unbeatable monthly and Unbeatable prepaid plans with a min. value of $25. Incoming messages include local, international, roaming text messages and service-related messages from Solo Mobile and excludes premium, alerts or dial-up messages outside Canada and the U.S. (includes Hawaii and Alaska). Outgoing messages include local text messages and excludes international, roaming, alerts, premium text messages and messages sent with an instant messaging application. Rumour is a trademark of LG Electronics Inc. Samsung Cleo and Link are trademarks of Samsung Electronics Co., Ltd., and its related entities. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Solo and Solo Mobile design are trademarks of Bell Mobility Inc.

Missing Quebec woman found in woods

A Quebec woman missing since last Sunday has been found wandering alone in a wooded region about 100 kilometres north of Montreal. Micheline Charron was discovered by a hiker who spotted a woman matching the description of the 62-year-old and contacted authorities. THE CANADIAN PRESS

Canada

Journalist acquitted of charges: MP

Liberal MP Dan McTeague says sources in Iran have told him that Maziar Bahari, left, a Canadian journalist detained in Tehran, has been acquitted of all minor charges against him. McTeague says sources close to this case say Bahari, accused by Iranian government of being a spy, successfully defended himself in a trial on Aug. 12. A filmmaker and Newsweek magazine correspondent, Bahari, 42, had been on assignment in the country covering the presidential elections when he was arrested June 21. THE CANADIAN PRESS

Testing election messages

Grits promote worldly alternative, Tories likely to stress stability

Listen carefully: You can hear the usual Parliament Hill yadda-yadda-yadda suddenly evolving into a higher form of political blah-blah-blah called campaign messaging.

The rhetoric emerging over the last week is being tweaked and tested and is likely what Canadians will hear repeatedly should there be a fall election.

Liberal Leader Michael Ignatieff got the ball rolling last week when he declared he could no longer support the minority Conservative government. That's when he road-tested the phrase "We can do better," later to be echoed in the party's new TV commercials released over the weekend.

The ads portray the professorial Ignatieff as a friendly, positive man with a wise, worldly perspective that would be a valuable asset in tackling complex economic and environmental issues.

The Conservatives, say insiders, are still formulating their campaign themes. But it's clear that stability and good stewardship of the economy will be Prime Minister Stephen Harper's key message to voters. Why take a risk on an untested commodity at such a critical time, Canadians will be asked. THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Find out how to scan this barcode on pg 3

DARRYL DYCK/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff got the ball rolling last week by test-driving the election catchphrase "We can do better." Insiders say the Tories are still formulating their campaign themes.

Science not there to explain salmon collapse, experts say

ECOLOGY By now, this much is clear: Millions of sockeye salmon that were expected to swim up British Columbia's iconic Fraser River this summer in what was to be a bumper year for fishermen never made it home.

That's about all anyone knows for sure, and some observers say years of poorly funded science that has yet to answer fundamental questions about the lives of salmon mean it could be a while yet before anyone figures out why so many fish appear to have died at sea.

"From a government perspective, it comes down to cutting and gutting their science and assessment departments," said University of British Columbia researcher Scott Hinch.

The Fisheries Department says it is gathering its own scientists and other experts to determine why the fish didn't make it back to the Fraser, but Hinch said much of the data that could help them simply doesn't exist.

Mike Lapointe, a biologist with the Pacific Salmon Commission, agreed there are large gaps in the research, but he said filling them would be expensive. THE CANADIAN PRESS

CHUCK STODDY/THE CANADIAN PRESS

Millions of sockeye salmon were expected to swim up B.C.'s Fraser River this summer but never made it home.

GREAT SAVINGS AT THE BAY THIS WEEK

Tuesday, September 8th to Thursday, September 10th

40%OFF HOUSE&HOME

- Towels
- Bath mats
- Open stock sheets
- Pillowcases
- Pillows
- Duvets
- Mattress pads
- Dinnerware
- Stemware
- Serveware
- Flatware

ALSO, 30% OFF
ALL of the above items by
GLUCKSTEINHOME
& **DISTINCTLY HOME**

40%OFF
MIKASA
Place settings, stemware & giftware

ALSO, 20% OFF
All MIKASA
open stock dinnerware

30%OFF
Stemware by **DA VINCI, NORITAKE, SPIEGELAU, ROYAL DOULTON, SCHOTT ZWIESEL** & **WATERFORD**

ALSO, 30% OFF
All giftware

$100 OFF
$149.99
HENCKELS
Twin Signature
5-pce. knife block set
Reg. $249.99

ALSO, 25% OFF
All **HENCKELS** knife block sets, flatware & gadgets

MANAGER'S SPECIAL
$899
HINTON Sofa bed

70%OFF
All luggage by
SKYWAY, VIA RAIL Winstrom 2, DELSEY Volume & **Destiny, AIR CANADA Frequent Flyer** and **SWISS GEAR Bellinzona 2**
Reg. $50-$325 **Sale $15-$97.50**

BUY 1, GET 1
50%OFF
All boys' & girls' fashions, underwear, sleepwear & hosiery
Sizes 2-16.
Second item must be of equal or lesser value.
Excludes Ralph Lauren childrenswear.

BUY 1, GET 1
50%OFF
Women's socks and tights & men's socks
Excludes Calvin Klein, Jockey, Polo Ralph Lauren, Spanx and 3-For programs.
Second item must be of equal or lesser value.

$39.99
All denim by
BIANCA NYGÅRD, NYGÅRD COLLECTION & **HAGGAR**

25%OFF
All men's shoes by
SPERRY, NIKE, REEBOK & **UNLISTED BY KENNETH COLE**

ALSO, 25% OFF
Women's shoes by **FAIR SET, LIFESTRIDE, CONNIE, KEDS, STYLE & CO.™, SKECHERS** & **PRIVO**

BUY 1, GET 1
50%OFF
Men's underwear by
TOMMY HILFIGER, STANFIELD'S, JOE BOXER & **MCGREGOR**
Second item must be of equal or lesser value.
Excludes Stanfield's Supreme.

$44.99
Men's **LEVI'S 505** & **516** jeans
Reg. $70-$75

30%OFF
Men's dress shirts & ties
Excludes IZOD & Hudson Room.

STARTS TOMORROW! WEDNESDAY, SEPTEMBER 9TH!

SHISEIDO

WITH ANY SHISEIDO PURCHASE OF $43 OR MORE, RECEIVE THIS 6-PIECE† GIFT CONTAINING:
Shiseido Benefiance Balancing Softener, 30 mL; Shiseido Benefiance Revitalizing Emulsion, 15 mL;
Shiseido Bio-Performance Super Restoring Cream, 7 mL; Shiseido the Makeup Lifting Foundation 140, 5 mL;
Shiseido Makeup Perfect Rouge RD514, 2 g; All in a signature Shiseido pouch.

ONLY AT THE BAY

the Bay

†Offer good while supplies last. Quantities are limited. One gift per customer, please. Offer ends September 20th, 2009.

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salviati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

Halifax cabbie disarms shotgun-wielding customer

A Halifax cab driver managed to disarm and subdue a customer early yesterday after the 28-year-old man threatened him with a shotgun. RCMP say the driver had picked up the fare in Dartmouth and was taking him to Cole Harbour in the early hours of the morning. THE CANADIAN PRESS

Harper gets an expensive gift

SUMMIT Prime Minister Stephen Harper received the rarest and most expensive gift doled out at the recent G8 summit, a book given by Italian Prime Minister Silvio Berlusconi appraised by one dealer at up to $460,000.

It's a gift more valuable than any recalled by some veterans of international summits and an uncommonly extravagant example of the souvenir trinkets world leaders tend to give each other.

It landed in Canada's lap by sheer luck.

By virtue of this country's place in the alphabetical pecking order — because Canada starts with a 'C' — Stephen Harper received the first in a series of serial-numbered, limited edition, marble-covered art books.

A limited edition book dealer with exclusive rights to distribute the tome in Canada says copy No. 1 — the one given to Harper — holds up to double the value of those received by other leaders at the July summit in Italy.

But Harper won't get to keep the book. Because federal politicians can't accept gifts worth more than $1,000, the book becomes government property and will likely be donated or displayed.

The books given by Berlusconi feature the works of famed neoclassical Venetian sculptor Antonio Canova and are among just 33 copies produced by Italian publishing company Fondazione Marilena Ferrari.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Book dealer Gilles Tremblay holds a dummy of the marble-covered book offered by Italian Prime Minister Silvio Berlusconi to Prime Minister Stephen Harper during the G8 Summit.

Keep your shoes on at security checks

Airport checkpoint officers get new rules

Good news for harried travellers who resent having to remove their shoes at airport-security checkpoints: Now you can just say no.

Canada's airport security agency has issued a bulletin to front-line officers instructing them they cannot require domestic or international passengers to doff footwear before walking through metal detectors.

"Never suggest, ask or demand that passengers remove footwear prior to entering the WTMD (walk-through metal detector)," says the one-page directive, issued in April.

"This bulletin is effective immediately."

In a major exception, however, officers can still order passengers heading for the United States to remove their shoes, consistent with higher air-security standards set by Washington.

As well, if a hand-held metal detector signals an alarm for shoes after the walk-through, a passenger can be required to remove footwear for examination.

And "if a passenger offers to remove footwear, allow them to do so," adds the directive.

The Canadian Air Transport Security Authority says the new bulletin will be written into the next edition of its operating manual.

Typically, shoes that passengers have been required to remove are sent through hand-baggage X-ray machines for closer inspection. THE CANADIAN PRESS

Background

- Footwear came under greater scrutiny by airport security officers around the world after British citizen Richard Reid was arrested in late 2001 for a failed attempt to bomb an American Airlines flight to Miami by igniting explosives hidden in his shoes.

News in brief

FATALITY A Quebec provincial police officer lost her life when her patrol car crashed into a highway overpass yesterday morning. The officer was behind the wheel of one of two patrol cars responding to an emergency call when she lost control of the vehicle at a turn on Highway 20 near Levis, east of Quebec City. Her car flipped several times before crashing into a pillar. She was brought to the hospital and later succumbed to her injuries. The 22-year-old officer was alone in her vehicle.

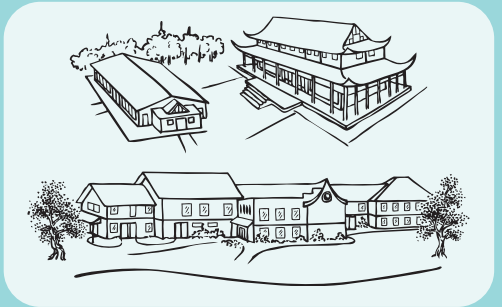
THE CANADIAN PRESS

International *Taoist Tai Chi*™ Awareness Day 2009
Saturday, September 12, 2009
8:30 a.m. Nathan Phillips Square, Toronto

Taoist Tai Chi Society ® 道家太極拳社

FUNG LOY KOK TAOISM ® 蓬萊閣 道

25TH ANNIVERSARY INTERNATIONAL *TAOIST TAI CHI*™ CENTRE
5th Sideroad R.R.5
Orangeville, On. L9W 2Z2



GRAND OPENING *TAOIST TAI CHI SOCIETY*™ – TORONTO CENTRE
1:00 p.m. 371 Ohio Road,
Richmond Hill, ON. L4C 3A1

Join a Class Today!

New classes are starting in September in Brampton, Etobicoke, Mississauga, Markham-Stouffville, North York, Richmond Hill, Scarborough, Toronto Downtown, Toronto Midtown, Toronto Upper Beaches, Whitby and throughout Ontario.
Visit **www.toronto.taoist.org** OR email to **classes@taoist.org** for class and open house information.

TAOIST TAI CHI SOCIETY OF CANADA
Head Office: 134 D'Arcy Street, Toronto, Ontario M5T 1K3
Tel: (416) 656-2110 • Email: headoffice@taoist.org • Website: http://www.taoist.org
The Taoist Tai Chi Society of Canada is a registered charitable organization #11925 8655 RR 0001

Bell the smartphone just got better

It seamlessly integrates all your calendars into one view.

It allows you to open and view multiple applications at once.

It brilliantly combines a touchscreen with a slide-out keyboard for quick, accurate emails and texts.

No wonder it was selected as Best in Show at the 2009 Consumer Electronics Show.[1]

The 3G Palm® Pre™

Voted best mobile phone.[1]

Visit a Bell store • call 1 866 4-MOBILE (662453) • bell.ca

Available at the following Bell stores:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
14751 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
59 First Gulf Blvd
100 Great Lakes Dr.
10086 Hurontario St.
Airport Rd. to Queen
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Center

COBOURG
Northumberland Mall

COOKSTOWN
Cookstown Outlet Mall – kiosk

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
8392 Kennedy Rd.
7357 Woodbine Ave
Cachet Village
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St E

MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E
2800 Skymark Ave.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
1635 Lawrence Ave.W.
170 Rimrock Rd
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
570 Kingston Rd
Pickering Town Centre

RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall – kiosk
Cedarbrae Mall – kiosk
Chartwell Shopping Center
Eglinton Square
Malvern Town Centre
Parkway Mall
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
2900 Steeles Ave.
Promenade Mall

TORONTO
2256 Bloor St.W.
209 Danforth Ave.
700 Gordon Baker Rd
85 Hanna Ave.
320 Queen St. W
2171 Queen St. E
2323 Yonge St.
Brookfield Place
Chinatown Centre
College Park
Commerce Court
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shoppers World Danforth
Shops at Don Mills
Toronto Life Square
Yorkdale – kiosk

UXBRIDGE
307 Toronto St S

VAUGHAN
Vaughan Mills

WHITBY
Whitby Mall
Whitby SmartCentres

WILLOWDALE
Fairview Mall

WOODBRIDGE
4080 Highway 7

Also available at these retailers:

BEST BUY · BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · booth · WAL-MART · WIRELESS etc... · WIRELESSWAVE

Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Other conditions apply. (1) Based on phones evaluated at the Consumer Electronics Show 2009. Palm and Pre are among the trademarks or registered trademarks owned by or licensed to Palm, Inc.

UPSIDE DOWN CONDO PRICES.COM
ONE BEDROOM SUITES
$159,900
534
SQ.FT.
BEST CONDO PRICES IN TOWN
REGISTER NOW!
UPSIDEDOWNCONDOPRICES.COM
ALL PRICES, SIZES AND SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE. E.&O.E. BROKERS PROTECTED.

Man charged after bear shot
A Hanmer, Ont., man faces criminal charges after he allegedly shot a bear with a bow and arrow yesterday while trying to protect his yard. THE CANADIAN PRESS

Border guards' use of weapons up: Report

127 incidents reported in recent year

Canada's border guards are pulling out their guns, batons and pepper spray much more frequently, says a newly released report, suggesting border crossings are becoming more dangerous places.

There were 127 so-called use-of-force incidents in the year ending March 31, almost three times more than occurred in each of the previous two years.

And guards who began to carry sidearms in July 2007 are now pulling them from their holsters about three times a month.

The report says no guns were actually fired in the 34 cases where the sidearm was used last year. Batons were brought out five times but never used.

Pepper spray was discharged four out of the seven times it was displayed to aggressive travellers. No one was seriously injured in any of the incidents.

The accounting of the use of force appears in a June 23 analysis by the Canada Border Services Agency, obtained by The Canadian Press through the Access to Information Act.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Pearson airport was ranked the riskiest port of entry in Canada by a 2008 assessment, but according to a new report, the facility reported just five use-of-force incidents by border guards that involved guns, batons or pepper spray in the most recent year.

The increasing use of pistols, which were being drawn only about once a month when they were first introduced two years ago, appears directly related to the gradual increase in the number of armed guards on duty.

As of March 31, more than 800 officers had been trained and assigned a duty firearm, the 9 mm Beretta P4X Storm. The agency wants to arm 4,800 guards at all land and marine border points by 2016.

Officers have been equipped with batons and pepper spray since 2003.

The overall number of incidents, however, is relatively low considering the Canada Border Services Agency processed more than 93 million travellers in 2008-2009.

THE CANADIAN PRESS

All-day kindergarten planned for B.C. next year

EDUCATION Anxious and rambunctious B.C. five-year-olds will march off to kindergarten for the first time today, but their school day will be much shorter than their parents may once have expected.

The B.C. government promised last year that five-year-olds would have the option of attending kindergarten for a full day starting this fall, but the promise was quietly shelved. Now it's back after the pledge was renewed in last week's budget to begin the full-day program next year.

In Ontario

- Ontario has part-day kindergarten for four-year-olds and is planning all-day kindergarten for four- and five-year-olds for next year.

Education Minister Margaret MacDiarmid said the work of locating classroom space, finding and training teachers, and getting the word out to parents contributed to the delay.

"What we don't have is ... enough teachers right off the bat," said MacDiarmid.

Schools may have to renovate classrooms, build new ones, or even put up outside portables to make room for the kindergarten students, who now attend only half-days.

THE CANADIAN PRESS

Cadbury
one for me
$100,000
You could win† $100,000 for you.
one for you*
$100,000
And $100,000 for the charity of your choice.‡
Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca
†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. † Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

Compose Your Own

Ticket package with the Toronto Symphony Orchestra

Choose any 5 concerts for as little as $27/ticket

2009 Highlights

Joshua Bell Plays Brahms	Sept 24 & 26
Leon Fleisher Plays Mozart	Sept 30
Tchaikovsky Symphony 6	Oct 7 & 8
Broadway Classics	Oct 13 & 14
Beethoven Emperor Concerto	Nov 4 & 5
Britten War Requiem	Nov 11 & 12
Best of Benny Goodman	Nov 17 & 18
Shostakovich Symphony 5	Nov 25
James Ehnes Plays Prokofiev	Nov 26 & 28
New World Symphony	Dec 2 & 3
Beethoven Pastoral Symphony	Dec 9 & 12
Christmas with the Canadian Brass	Dec 22 & 23

2010 Highlights

Invesco Trimark Mozart Festival	Jan 13 – 24
Orchestra symphonique de Montréal	Jan 25
Tchaikovsky Symphony 5	Jan 28 & 30
Beethoven Symphony 5	Feb 10 & 11
Verdi Requiem	Feb 18 & 20
Rotterdam Philharmonic Orchestra	Feb 24
Symphonie Fantastique	Mar 24 & 25
TSO Goes Vegas!	Mar 31 & Apr 1
Sibelius Festival	Apr 14 – 22
Mozart Violin Concerto 3	May 5, 6 & 8
Stravinsky Petrouchka	May 26 & 27
Yundi Li & Yannick Nézet-Séguin	June 10 & 12
Beethoven Symphony 9	June 16 & 17

For full details and even more concerts:

tso.ca/cyo 416.598.3375

tso Toronto Symphony Orchestra

Peter Oundjian | Music Director

BMO Financial Group
Conductors' Podium Sponsor

TIPPET-RICHARDSON CONCERT SEASON

KPMG
Nov 4 Sponsor

CIBC
Nov 5 Sponsor

Invesco Trimark
Mozart Festival Sponsor

InterContinental Toronto Centre
Feb 11 Sponsor

GE
Mar 31 Sponsor

Manitoba leadership race heating up

Finance Minister Greg Selinger is expected to become the third candidate to replace Gary Doer as leader of Manitoba's New Democrats and the province's premier. Selinger will join two others who have already entered the race. THE CANADIAN PRESS

Military, feds subpoenaed

Watchdog after prisoner documents

A military watchdog agency has subpoenaed senior federal officials and is seeking a court order to force the Conservative government to release withheld information concerning the controversial transfer of suspected Taliban fighters into Afghan custody.

The Military Police Complaints Commission is trying to get around what it considers roadblocks to its investigation of allegations that first surfaced in 2007 accusing the Canadian military of handing over prisoners knowing they would probably be tortured.

Who is named?

- Subpoenas have been served on four former commanders of Canadian troops in Kandahar, the deputy minister and four employees of foreign affairs, and the chief of the Correctional Service of Canada.

Sylvain Roy, chief of staff to the commission chair, said the application to the Federal Court involves redacted documents already released to the inquiry. THE CANADIAN PRESS

MORE COVERAGE, PAGE 18

Peterborough 9/11 tribute

CLIFFORD SKARSTEDT/THE CANADIAN PRESS

Sculptor Yolanda Vandergaast brushes dust from a statue of a firefighter at Del Crary Park in Peterborough that will be unveiled for a 9/11 ceremony to honour the International Day of Mourning for emergency services workers.

News in brief

ACCIDENT Three people were slightly injured in a collision between a hang-glider and a small plane in L'Ile-Ronde near Saint-Sulpice, in Quebec's Lanaudiere region over the weekend. THE CANADIAN PRESS

B.C. RCMP arrest 14 after complaints of shots fired

CRIME Fourteen men have been arrested after a three-hour standoff with police at a Surrey, B.C., restaurant.

RCMP Staff Sgt. Bruce Anderson said Mounties arrived at the restaurant just before 6 a.m. yesterday after receiving a report of shots fired. Upon seeing police, a group of men who had been standing outside the restaurant suddenly ran back in and refused to come out.

The reason

- Police don't yet know why the men barricaded themselves inside, but Anderson says some had been drinking.

Anderson said after lengthy negotiations, the men finally agreed to surrender. THE CANADIAN PRESS

B.C. minimum wage to stay put

MONEY It may well be Labour Day but B.C.'s labour minister says his government doesn't plan to raise the province's minimum wage.

Murray Coell said while B.C. may have the lowest minimum wage in Canada, the average hourly wage is actually higher than in most provinces. Coell said British Columbians working full time earn about $22 an hour on average. THE CANADIAN PRESS

FREE SKATE
Saturday, September 12, 2009. Doors open at noon.
MasterCard CENTRE FOR HOCKEY EXCELLENCE
TORONTO MAPLE LEAFS
MARLIES
JOIN US IN CELEBRATING A BRAND NEW STATE OF THE ART FACILITY COMMITTED TO HOCKEY EXCELLENCE AT EVERY LEVEL
FREE ADMISSION FOR THE WHOLE FAMILY
• Public skate at 2:15pm-4:15pm and 5:45pm-8:45pm
• See where the Leafs and Marlies practice
• Meet some of your favourite Leafs past and present
• Special presentation on the development of youth in amateur hockey by a member of the Maple Leafs Youth Development team
New Toronto St
Kipling Ave
Birmingham St
Lake Shore Blvd
400 Kipling Ave., Etobicoke
For more info visit mastercard.ca/sponsorships
™/®Registered trademark of MasterCard International Incorporated. All trademarks are the property of their respective owners and are used with permission. Each skater will be given a wristband upon completion of a waiver liability form. Each wrist band corresponds with a designated 35 free minute skate window. Skaters will only be permitted onto the designated ice pad during their respective skating time. All children under 12 must be accompanied by an adult and wear proper helmets. No sticks, toboggans or any other equipment permitted. Wristbands will be given out starting at Noon with the first skate starting at 2:15 pm. All participants (or the parents/legal guardians of minor participants), must submit an executed waiver form prior to participating in the free skate. ® "Toronto Maple Leafs," "Leafs" and "Toronto Marlies," "Marlies" and associated word marks and logos are trademarks of Maple Leaf Sports & Entertainment Ltd., used under licence.

FALL FOR 'IT'

REVIVE CLASSIC TWEED WITH RICH COLOUR & CHIC DETAILS. UPDATE 'IT'!

NEW & ONLY AT SEARS

BUY MORE, SAVE MORE

ALL WOMEN'S REG.-PRICED MAC & JAC FASHIONS

BUY 3 OR MORE, SAVE 25%*
BUY 2, SAVE 20%*
BUY 1, SAVE 15%

*Savings based on Sears reg. single unit prices.

MAC & JAC TWEED JACKET
Each **$119**

MAC & JAC SWEATER WITH ROSETTE
Each **$59**

MAC & JAC WIDE-LEG PANTS
Each **$59**

Sale prices in effect Tues., Sept 8, 2009

NE092G209 © 2009. Sears Canada Inc.

Sears

Ninth suspect arrested in British jewel heist

Police say a ninth suspect in one of Britain's largest robberies ever has been detained. The 22-year-old is suspected of helping to plot the Aug. 6 theft of $65 million US worth of jewelry from Graff Diamonds' flagship store in London. THE ASSOCIATED PRESS

World

British cop pleads guilty

A former British child abuse detective has pleaded guilty to having sex with a 15-year-old girl whose family he had befriended during an investigation. Andrew Rowe hung his head after admitting he committed five sexual offences earlier this year. He entered his plea yesterday in Birmingham.

THE ASSOCIATED PRESS

'We will finish our work for one another'

Two more fallen soldiers return home from Afghanistan

Maj. Yannick Pepin, the highest ranking Canadian killed in combat in Afghanistan, had lamented the death of two soldiers under his command just five weeks ago.

Yesterday, the bodies of Pepin, 36, and Cpl. Jean-Francois Drouin, 31, were flown back to Canada after an emotional ramp ceremony at Kandahar Airfield.

They died Sunday in a powerful roadside bomb blast that hit their armoured vehicle on a road southwest of Kandahar, bringing to 129 the total number of Canadian soldiers who have died as part of the Afghan mission since 2002.

Both men were members of the 5 Combat Engineer Regiment based in Valcartier, Que. A military official at the base said Pepin was a native of Victoriaville, Que., and Drouin was born in Quebec City.

Pepin was the commander of the last two Canadian soldiers killed in Afghanistan.

"The loss of these two is very difficult," Pepin had told reporters Aug. 3, two days after the deaths of Sapper Matthieu Allard, 21, and Cpl. Christian Bobbitt, 23 — also in a roadside explosion.

"But the work will continue," Pepin had said.

Improvised explosive devices, or IEDs, are the deadliest weapon facing NATO soldiers in Afghanistan. They have been the cause of death in the large majority of Canada's battlefield casualties. IEDs are cheap, easy to make and allow the Taliban to exact a high price on NATO troops without having to show their faces. Five others were wounded in

Pepin

Drouin

Sunday's IED attack; their conditions were described as not serious.

"I want to say part of the population of Canada views negatively the work that we do here," Sapper Alexandre Beaudin-D'Anjou, one of the survivors of the blast, told reporters. "I think the majority of the Afghan population benefit from what we do here. Sadly there are dangers in this ... all the soldiers here feel that we will finish our work for one another."

Beaudin-D'Anjou joined more than 1,000 Canadian, U.S., Dutch and British soldiers who turned out in the bright Afghanistan sunshine yesterday for the ramp ceremony to pay tribute to Pepin and Drouin.

Pepin had been in the Canadian Forces for a decade. He leaves behind his partner, Annie, and two children, Alexandra and Charles. Drouin was showing great promise with his military career. He was known as 'Big Drou' to his friends and was remembered as someone who liked to make others laugh. Drouin is survived by his partner, Audrey.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more World news on your smartphone.

Find out how to scan this barcode on pg 3

News in brief

ENVIRONMENT Japan's incoming prime minister promised yesterday to aim for a 25 per cent reduction in greenhouse gas emissions by 2020 — among the most ambitious cuts proposed by an economic power. "Japan's change in government will bring a major shift to our climate change policies, through international negotiations for the future of human society, and I want to begin in a way that is said to have made a major contribution," said Yukio Hatoyama, who is widely expected to be named prime minister next week when parliament meets to choose Taro Aso's successor. Hatoyama leads the Democratic Party of Japan, which won last month's elections in a landslide.

CALIFORNIA More smoke was expected to rise out of the Angeles National Forest yesterday as firefighters burned back heavy brush to contain the deadly arson fire in mountains north of Los Angeles. The blaze was 56 per cent contained yesterday morning. Officials have said the cause of the fire was arson, but have not released any findings. Because of the deaths of two firefighters, authorities opened a homicide investigation last week.

THE ASSOCIATED PRESS

Germany **Is seeing believing?**

MATTHIAS RIETSCHEL/THE ASSOCIATED PRESS

Visitors Jochen, left, and Marita Wiesner are seen from a certain point of view with an exhibit "Tour of Senses" in Dresden yesterday. The exhibition attracts the human senses and plays with perceptions and illusions.

Woman convicted of wearing pants, spared flogging

A Sudanese woman journalist was convicted yesterday of public indecency for wearing trousers, but was spared a sentence of flogging. A defiant Lubna Hussein said she would not pay a $200 fine and would take a month in prison instead to protest Sudan's draconian morality laws.

The 43-year old has set out to challenge the police and courts since her arrest in July by insisting the case go to trial, aiming to embarrass the Khartoum government with the publicity. Her prosecution — and the prospect that she could get the full sentence of 40 lashes — drew an international outcry.

"I pray that my daughters will never live in fear of these police."
Lubna Hussein

"I will not pay a penny," Hussein, who during the court session wore the same trousers that sparked her arrest, told The Associated Press after the ruling.

During the session, police rounded up about 40 women protesting outside the courthouse in support of Hussein, some of them wearing trousers as well in a sign of solidarity.

Lawyers said Hussein would be taken to a jail after she refused the fine.

In a column Friday in the British daily Guardian, Hussein said her case is not an isolated one but is emblematic of repressive laws in a country with a long history of civil conflicts.

"When I think of my trial, I pray that my daughters will never live in fear of these police," she wrote.

THE ASSOCIATED PRESS

MR. TANKLESS
STOP WASTING, START SAVING
Reduce Your Gas Bill By $35-$45 Per Month
Call today for your free in home estimate
Purchase Equipment and Pay NO TAX
Try It for Your First Month FREE So You Can See Your Results!
• Unlimited hotwater
• Up to 3 showers at the same time
• 30% of your gas bill is from your hot water tank
• Tankless water heater will reduce it to 5%
Save yourself at least $350.00 a year!
WOW it pays for itself from day ONE!
Start renting from $23.95 per month
• Saving you space
• Saving the environment
Rent From $23.95 Per Month
And Get $1350 Cash Back In Rebates. That Means 3 Years Of Free Rental!
East 416-723-1797
Central 416-723-1797
West 905-793-1003
Toll Free 1-888-793-1003
www.mrtankless.ca
No Installation Fee! No Removal Fee!
Reader's Choice
GTA's Largest Tankless Water Heater Dealer

GET GOOGLE APPS BUILT-IN!

HTC Magic™ & Dream™

$29.99[4]

$599.99 no term

Save $50![5]

- Touch Screen Keyboard (Magic)
- Touch Screen and QWERTY Keyboard (Dream)
- 3.2" High Resolution Touch Screen
- Seamless integration with Web, Google™ & Android Market
- Built-in GPS and Wi-Fi
- Up to 7.2 Mbps download speeds

Student Smartphone Combo

$50 per month[1]

plus $6.95/month System Access Fee and other fees±

- 200 weekday minutes
- Unlimited evenings and weekends[2] (6pm start time)
- 500 MB data

+

MY10

Canada-wide unlimited talk, text & picture/video messaging[3]

ROGERS™ authorized dealer

Offer effective Aug.18/2009 and subject to change without notice. ± A **$6.95 monthly System Access Fee (non-government fee)**, a monthly 50¢ 9-1-1 Emergency Access Fee (non-government fee) and a one-time $35 Activation Fee apply in addition to the monthly service fee for each line. Additional airtime, long distance, data, roaming, options and taxes are extra and billed monthly. **1.** Available exclusively to high-school/post-secondary students with valid student identification. Offer only available on 3-year term. Early cancellation fees apply. In-store activations only. **2.** Evenings from 6 pm to 7 am Mon–Fri. Weekends from 6 pm Fri. to 7 am Mon. **3.** Unlimited Canada-wide calls, text/picture/video messages apply to 10 numbers on MY10 list. Long distance, text to landline and roaming charges extra. Only 10-digit Canadian-based phone numbers eligible (excludes customers' own wireless number, voice mail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. Excludes premium messages (roaming, international, alerts, contests and promotions). **4.** With 3 yr voice and data activations with minimum combined monthly service fee of $45. Early cancellation fees apply. **5.** Savings based on $29.99 price compared to Rogers.com price of $79.99. ™ Rogers & Mobius Design are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. ™ Android, Google, YouTube and related brand names are trademarks of or used under license or with permission of Google Inc. The HTC logo, HTC Dream ™ and HTC Magic ™ are trademarks of HTC Corporation used under license or with permission. All other brand names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.

OFFERS AVAILABLE ONLY AT THESE LOCATIONS

ROGERS™ authorized dealer

BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
253 Queen St. E, Unit 3
4520 Ebenezer Rd., Unit 6
Bramalea City Centre
Shopper's World
COBOURG
975 Elgin St. W, Unit B
DOWNSVIEW
1118 Finch Ave. W, Unit 1
ETOBICOKE
1234 The Queensway
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
Sherway Gardens
GEORGETOWN
Georgetown Mall
265 Guelph St., Unit 3
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
7780 Woodbine Ave., Unit 3
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
Pacific Mall
MISSISSAUGA
7955 Financial Dr., Unit B
1100 Burnhamthorpe Rd. W, Unit 13
3105 Dundas St. W, Unit 102
Erin Mills Town Centre
808 Britannia Rd. W, Unit 2
6295 Mississauga Rd., Unit 102
Square One (2 locations)
1250 South Service Road
25 Watline Ave., Unit 10
102-3021 Argentia Rd.
NEWMARKET
16715 Yonge St.
NORTH YORK
3111 Dufferin St.
1905 Avenue Rd.
North York Sheridan Mall
Fairview Mall
149C Ravel Rd.
4367 Steeles Ave. W
5815 Yonge St.
OAKVILLE
1027 Speers Rd., Unit 22
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
PICKERING
Pickering Town Centre
611 Kingston Rd.
1899 Brock Rd.
RICHMOND HILL
Hillcrest Mall
10 West Pearce St., Bldg. B
1480 Major Mackenzie Dr. E, Unit C3-3
9196 Yonge St.
10720 Yonge St., Unit 102
SCARBOROUGH
2555 Victoria Park Ave.
2650 Lawrence Ave. E, Unit 2B
1291 Kennedy Rd.
5095 Sheppard Ave. E
THORNHILL
Shops on Steeles
Promenade Mall
31 Disera Dr., Unit 140
TORONTO
1015 Lake Shore Blvd. E
921 Bay St.
2397 Yonge St.
604 Bloor St. W
548 Church St.
939 Eglinton Ave. E, Unit 106
662 King St. W, Unit 2
2200 Yonge St., Unit 104
154 University Ave., Suite 101
9A Yorkville Ave.
386 Sheppard Ave. E
Splendid China Mall
525 University Ave.
WHITBY
25 Thickson Rd. N
WILLOWDALE
Centerpoint Mall
WOODBRIDGE
200 Whitmore Rd., Unit 9

Albanian opposition boycotts parliament over vote rigging allegations

Albania's Socialist opposition boycotted an inaugural session of parliament yesterday, claiming conservative Prime Minister Sali Berisha rigged his re-election victory in June 28 polls. THE ASSOCIATED PRESS

Three U.K. men guilty in airline terror plot

Three British Muslims were convicted yesterday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaida to be the deadliest terrorist strike since Sept. 11, 2001.

Assad Sarwar

Abdulla Ahmed Ali

Tanvir Hussain

Abdulla Ahmed Ali, 28, Assad Sarwar, 29, and Tanvir Hussain, 28 were found guilty of leading a plan to detonate bombs on aircraft bound for the U.S. and Canada, using liquid explosives in soda bottles.

Four other men were acquitted of conspiring to bomb airliners, but admitted lesser charges — and in one case conspiracy to murder. An eighth man was cleared completely.

The case brought sweeping new restrictions for air passengers, including limits on liquids and gels they can carry on board.

British and U.S. security officials said the plan was directly linked to al-Qaida and guided by senior Islamic militants in Pakistan.

Authorities estimate that, if successful, about 2,000 passengers would have died. Had the bombs been detonated over U.S. and Canadian cities, hundreds more would have been killed on the ground.

Officials said the political repercussions would have been immense — likely destroying relations between London and Washington.

Police officials said they believe the plotters were just days away from mounting the attacks when officers rounded up 25 people in 2006.

THE ASSOCIATED PRESS

SEBASTIAN SCHEINER / THE ASSOCIATED PRESS

Palestinian construction workers build a new house in the Jewish West Bank settlement of Har Gilo on the outskirts of Jerusalem yesterday. Israel has officially approved the construction of hundreds of new homes in the West Bank.

Israel OK's new West Bank homes

JERUSALEM Israel officially approved the construction of hundreds of new homes in the West Bank, the Defence Ministry said yesterday, deepening an already unprecedented rift with the U.S. over Israeli settlement expansion.

The construction is the first approved by the government of Prime Minister Benjamin Netanyahu, who is under heavy U.S. pressure to freeze all settlement activity on captured lands claimed by the Palestinians for a future state.

Netanyahu, trying to placate the Americans, has said the new homes are a prelude to a freeze, but that's been a tough sell internationally because Israel also plans to complete an additional 2,500 homes already underway.

Under the order, Defence Minister Ehud Barak authorized construction of 366 new apartments, the Defence Ministry announced. An additional 84 new apartments will be approved in the near future, bringing the total number to 450, the ministry said.

The order includes permission to proceed with construction of a new settler enclave in the Jordan Valley, an area that is considered vital to a future Palestinian state because of its rich farmlands and location deep inside the West Bank.

By rebuffing U.S. pressure, Netanyahu has tried to cement the support of a coalition that is committed to strengthening Israel's control over the West Bank. THE ASSOCIATED PRESS

Iran refuses to halt nuclear work

TEHRAN Iran veered closer toward being slapped with tough new international sanctions yesterday after its president refused to stop enriching uranium and the UN nuclear watchdog warned of a "stalemate" with the country.

President Mahmoud Ahmadinejad said Tehran is ready to talk with world powers, but he insisted his government will neither halt uranium enrichment nor negotiate over its nuclear rights. "From our point of view, Iran's nuclear issue is over," Ahmadinejad declared.

International Atomic Energy Agency chief Mohamed ElBaradei urged Iran to "substantively reengage" with the international community and clear up its nuclear ambitions once and for all.

THE ASSOCIATED PRESS

Nuclear program

- Iran insists its nuclear program is peaceful. The United States and key allies contend it is covertly trying to build a bomb.

Fall from carnival ride kills girl, 11

INGOLSTADT An 11-year-old German girl was killed yesterday after she fell nine metres from an amusement ride car.

Police say the girl was alone on the water ride and fell when the ride had reached one of its high points. The girl died while being transported by helicopter to hospital.

It is unclear how the girl fell. Investigators have determined the ride was not malfunctioning and the safety bars were working.

THE ASSOCIATED PRESS

SPECIAL PROMOTIONAL OFFER
Book a cleaning & whitening for only $168 NO TAX!
Limited time offer. Insurance Accepted.
Book today.
Call 416-488-9800
www.independentdentalhygiene.com
independent
DENTAL HYGIENE CENTRES
No cash value. Promotion not valid with any other offer. Terms & condition apply.

100% PERMANENT HAIR REMOVAL
A ARE YOU A FOOL? OF COURSE NOT!! That's why you're coming to OMI for your hair removal treatment.
B Why pay more elsewhere for poor results or less for no results when you can have the best in the business give you fantastic results?
C OMI's been proving themselves to you since 1979.
Most … of OMI consultations were treated by doctors and others without success. Don't waste your money like they did. Come to OMI first! (most OMI clients are male)
OMI on Rogers TV Channel 5
EXCLUSIVELY
OMI MEDICAL INC.
416•223•5500
www.omihair.com
OPEN 7 DAYS A WEEK

The True Home Phone Comparison
Bell $46.89 Rogers $42.36 Telehop $9.94
Telehop™ The Smart Alternative
Get more value for a lower price with your Telehop HomePhone
Basic Plan
Unlimited local calling
8 Calling features
Extended local calling area
Price is GUARANTEED for two years
1•800•209•5048 | Telehop HomePhone www.telehop.com/homephone
162 09/09
Taxes extra. Price subject to change without notice. Telehop comparison based on Telehop HomePhone Basic Plan with 8 calling features for $8.99, and E911 Service Fee for $0.95. $50 refundable security deposit is applicable. 2 year commitment required. Comparison to Rogers based on Rogers Phone Line including 5 calling features for $41.95, Message Relay (TTY) for $0.19, and 911 Emergency Access Fee for $0.22. Comparison to Bell based on Home Phone Choice package including 5 calling features for $37.95, Long Distance Access Fee for $5.95, and Touch Tone, 911, and Message Relay Service for $2.99. Rogers rates as of June 29, 2009. Source: Rogers.ca. Rogers is a trademark of Rogers Communication Inc. or an affiliate. Bell rates as of June 29, 2009. Source: Bell.ca. Bell is a trademark of Bell Canada.

THE GREEN BIN

ALLOW US TO REINTRODUCE YOU.

Thanks to you, Toronto's Green Bin, the first program of its size anywhere, has become one of the most successful waste diversion programs in North America.

Since 2002, when the Green Bin was first introduced to households, your enthusiastic participation has boosted the city's overall diversion rate from 27% in 2001 – the pre-Green Bin era – to 44% in 2008. Putting your food scraps and all those other compostable items we accept in the Green Bin is a major contributor to reaching 70% diversion, saving valuable landfill space.

What's more, thousands of Torontonians count on the high quality compost derived in part from the Green Bin and our leaf and yard waste collection programs.

It's okay to line either your Green Bin and indoor containers (not both) with a plastic bag to keep them cleaner and easier to transfer the contents from one to the other. Any plastic that goes into the system, including plastic from diapers, is removed and is included in our statistics as garbage, not as diversion.

By now, you probably know what goes in the Green Bin, but in case you're wondering about a few questionable items, check out the "NO" list.

What CANNOT go in

- Coffee cups and lids
- Foil, wax paper
- Cotton balls, make-up removal pads, dental floss
- Baby wipes
- Disposable mop sheets, dryer lint, dryer sheets
- Vacuum cleaner bags and contents
- Fireplace or BBQ ashes
- Hair, pet fur, dead animals, feathers
- Leather, textiles, clothing, carpets
- Cigarette butts
- Wine bottle corks
- Gum
- Wood scraps

For more information about all our waste diversion programs, visit **www.toronto.ca/recycle** and don't forget to feed your Blue Bin with all your recyclables. Thanks for reducing, reusing and recycling.

TORONTO

Livegreen Toronto

Package explodes at Frankfurt Airport

Police say a customs officer at Frankfurt Airport injured his hand when a package exploded while en route through the mail. Police are investigating, and did not give any information about where the package had originated or where it was going. THE ASSOCIATED PRESS

Look at Afghan vote counts raises questions

BALLOTS At the Afghan polling station called Haji Nehmetullah House, every one of the 725 votes cast during the country's Aug. 20 election went to President Hamid Karzai. At another site, Haji Akhtar Mohammad House, the incumbent got each of the precisely 400 ballots cast.

Allegations of ballot box stuffing, voter intimidation and other fraud have been lodged from all corners of the country following last month's presidential contest. An Associated Press examination of returns shows what officials said appear to be highly suspicious results.

Stations across Afghanistan's south gave Karzai 200, 250 or 500 votes, according to figures compiled by the Independent Election Commission. Observers say these neatly rounded numbers show patterns of fraud consistent with allegations that large-scale vote rigging took place in dangerous regions observers couldn't reach.

THE ASSOCIATED PRESS

Obama reaches out to unions

U.S. president seeks labour's backing for health-care reform

U.S. President Barack Obama declared yesterday that modern benefits like paid leave and minimum wage "all bear the union label" as he appealed to unions to help him win the health care fight in Congress.

Shortly after becoming president, Obama confronted a rapidly deteriorating economy, a clogged credit system, failing or ailing banks and a a shaky stock market. He used his speech during yesterday's Labour Day holiday to tick off a host of steps his administration has taken to steady the economy, and he made a special pitch for the health-care overhaul he has pushed.

"We have never been this close," Obama said. "We have never had this broad an agreement on what needs to be done." He accused vested interests of trying to thwart his attempts to bring health care to all Americans. The United States is the only developed nation that does not have a comprehensive national health-care plan for all its citizens.

Obama came to the presidency in January with almost unprecedented bipartisan popularity and strong backing for plan to make health care accessible to all Americans. But opposition has grown because of conservative attacks and liberal inability to counter them effectively, and the proposed legislation has been languishing in Congress.

For their part, some elements within the labour movement have indicated frustration with Obama, who travelled to Cincinnati to speak to a state AFL-CIO union gathering, because some key items such as legislation making it easier for people to join unions has not progressed in Congress.

THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama waves yesterday after finishing his speech at the AFL-CIO Labour Day picnic at Coney Island in Cincinnati. A Secret Service agent is at right.

Britain backs suit against Libya

IRA Britain's sudden shift to support a lawsuit against Libya by Irish Republican Army victims raised hopes yesterday that thousands maimed or bereaved by IRA bombs might one day receive compensation from the oil-rich nation.

Libya admits it shipped hundreds of tons of weaponry to the IRA in the mid-1980s, most critically the plastic explosive Semtex at the heart of the outlawed group's biggest and deadliest bombs. Lawyers say they expect the regime of Col. Moammar Gadhafi to pay 10 million pounds ($17.6 million US) to each member on their growing list of IRA victims.

THE ASSOCIATED PRESS

News in brief

SOUTH AFRICA The doctor praised for re-energizing South Africa's Health Ministry launched a major campaign yesterday to get vaccinations and immunity-boosting vitamins to three million children in a campaign aimed at reducing deaths from diarrhea, pneumonia and measles.

THE ASSOCIATED PRESS

FLIGHT CENTRE® Unbeatable

Airfares

VIENNA & BRUSSELS $99
Travel Sep 20 - Sep 30/ts + taxes & fees $318
Toronto - Vienna // Brussels - Toronto

London $149 — Travel Oct 22, 23 - Nov 13/ts + taxes & fees $395
New York $199 — Travel Sep 23 - Sep 30/aa + taxes & fees $115
Paris $349 — Travel Sep 17 - Sep 25/ts + taxes & fees $347
Buenos Aires $549 — Travel Oct 14 - Oct 26/la + taxes & fees $126

Sun Airfares

JAMAICA $105
Travel Oct 2 - Oct 9/wg + taxes & fees $268

Orlando $39 — Travel Sep 13 - Sep 20/wg + taxes & fees $216
Punta Cana $145 — Travel Sep 22 - Sep 29/wg + taxes & fees $309
Cancun $159 — Travel Sep 19 - Sep 26/ts + taxes & fees $272

Australia Airfares

SYDNEY $1469
Travel Jan 25 - Feb 17/qf + taxes & fees $396

Brisbane $1469 — Travel Jan 25 - Feb 17/qf + taxes & fees $401
Melbourne $1469 — Travel Jan 25 - Feb 17/qf + taxes & fees $389
Hobart $1799 — Travel Jan 25 - Feb 17 + taxes & fees $402

Australia Holidays

Cairns Mini Stay $299 — *The Grosvenor in Cairns* taxes & fees included
INCLUDES transfers, 3 nights 4-star accom, Kuranda Scenic Rail tour with Skyrail tour. Depart daily Feb 1-Mar 31/ggv. ADD Outer Great Barrier Reef snorkeling from $89. Diving options available.

Perth Mini Stay $299 — *Perth Ambassador Hotel* taxes & fees included
INCLUDES transfers, 3 nights accom and Swan Valley wine tour. Depart daily Feb 1 - Mar 31/ggv.

Uluru Mini Stay $749 — *Voyages Lost Camel* taxes & fees included
INCLUDES transfers, 3 nights accom, Uluru (Ayers Rock) sunset tour, Sound of Silence dinner tour and Aboriginal sunrise tour. Depart daily Dec 1-Mar 31/ggv.

QANTAS Australia.com

Holidays

ORLANDO FAMILY SPECIAL $179*
Best Western Lakeside + taxes & fees $216
INCLUDES roundtrip airfare and 7 nights 3-star accom near *Walt Disney World*. Departs Sep 13/ggv/wg. ADD 7-day *Magic Your Way* Base Ticket for $231 per child.

Las Vegas 4 Nights $245 — *Circus Circus* + taxes & fees $241
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Nov 30/swg/wg. UPGRADE to 5-star MGM Grand for $25 per night.

Fiji Island Hopping Pass $1088 + taxes & fees $340
INCLUDES roundtrip airfare to Nadi and 7-day unlimited island hopping between 20 different Fijian Islands to customize your own Fijian holiday. Travel Oct 13 - 27/ggv/fj.

Morocco & Costa Del Sol 7-Night Tour $1849 + taxes & fees $396
INCLUDES roundtrip airfare to Malaga, transfers, 4 nights accom in Torremolinos at Ramada Les Almohades, 2 nights accom in Fez at Menzah Zalagh, 1 night accom in Tangier at Cervantes, 7 buffet breakfasts & dinners and tour guide. Travel Oct 18 - 26/vat/ts.
BONUS excursions included. Call for details.

All-inclusive Holidays

PUNTA CANA 4-STAR $395
Grand Paradise Bavaro + taxes & fees $309
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 22/swg/wg.

Varadero 4-Star $405 — *Mercure Playa de Oro* + taxes & fees $210
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 17/swg/wg.

Jamaica 4-Star $477 — *Holiday Inn Sunspree* + taxes & fees $265
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 19/nol/ts.

St Maarten 4-Star $548 — *Sonesta Maho Beach Resort* + taxes & fees $240
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 11/vat/c6.

Cruise & Stay Holiday

California & Las Vegas $1379 — *Celebrity Mercury* + taxes & fees $265
INCLUDES airfare to Vancouver, 11-night cruise to San Diego visiting Nanaimo, Victoria, Seattle, Astoria, San Francisco (overnight), Monterey & Catalina Island, airfare to Las Vegas with 3 nights accom at Circus Circus and return airfare to Toronto. Travel Oct 12 - Oct 26/ggv/acusws.

1 866 485 7092 | flightcentre.ca

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!

*Conditions apply. Ex-Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. *Family price is per person based on 2 adults and 2 children 17 years and under. Child Magic Your Way Base Ticket rate based on ages 3 to 9. vat/ts=transat, aa=american, swg/wg=sunwing, la=lan, qf=qantas, ggv=gogo, fj=air pacific, nol=nolitours, c6=canjet, acusws=air canada/us airways/westjet. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384*

TICO

READ THIS AND YOU'RE GOOD TO GO

STARTING SATURDAY, SEPTEMBER 5, 2009, WE'RE ADDING MORE GO BUS SERVICE AND MAKING SOME CHANGES TOO.

01-LAKESHORE WEST GO BUS
Sunday or holiday Monday trips will resume between Aldershot GO Station and McMaster University.

NEW 12-NIAGARA FALLS GO TRAIN & BUS
Bus trips between Burlington GO Station and Stoney Creek will be extended to also serve Grimsby, St. Catharines and Niagara Falls. Weekend and holiday GO Train service to Niagara Falls will continue until Monday, October 12.

19-OAKVILLE-HWY. 403 GO BUS
A new weekday westbound trip will depart Square One GO Bus Terminal at 7:05 a.m. and run express to Yonge & Sheppard arriving at 7:40, and the Finch GO Bus Terminal arriving at 7:50 a.m.

29-UNIVERSITY OF GUELPH GO BUS
Four new eastbound and westbound trips will operate between the University of Guelph, Aberfoyle Park & Ride, Square One GO Bus Terminal and the Cooksville GO Station.

Sunday and holiday Monday trips will resume.

31-GEORGETOWN GO BUS
Three new weekday eastbound trips will depart the Brampton Bus Terminal at 2:35 p.m., 7:35 and 8:35 and serve all regular stops to Union Station GO Bus Terminal.

Friday trips from the University of Guelph to Brampton will resume.

46-HWY. 407 WEST GO BUS
We're adding more trips between York University and the Square One GO Bus Terminal, York and the University of Guelph, and between McMaster and Square One.

There will be earlier departures from the Oakville GO Station on trips that serve Sheridan College.

Sunday and holiday Monday trips will resume.

50-U OF T SCARBOROUGH–CENTENNIAL COLLEGE GO BUS
Weekday service between Unionville GO Station, Centennial College, and U of T Scarborough will resume.

52-HWY. 407 EAST GO BUS
We're adding more trips between York University and the Pickering GO Station, York and Scarborough Town Centre, and York and the Oshawa Bus Terminal.

Sunday and holiday Monday trips will resume.

60-WONDERLAND GO BUS
Weekend service continues until November 1, 2009.

64-NEWMARKET-YORK U GO BUS
The weekday northbound 2:35 p.m. trip from York University to Newmarket GO Bus Terminal, and the weekday southbound 8:35 a.m. and 2:10 p.m. trips from Newmarket to York will resume.

NEW 88-PETERBOROUGH GO BUS
We're starting new bus service between Peterborough and the Oshawa GO Station which connects with Lakeshore East GO Trains. This route will serve Trent University, the Peterborough Bus Terminal (Simcoe & George), Peterborough South Park & Ride/Carpool Lot (Crawford & Harper), Cavan/Millbrook Park & Ride/Carpool Lot (R.R.10 & Hwy. 115), and the Oshawa GO Station.

93-DURHAM COLLEGE-UOIT GO BUS
Weekday service between Scarborough Town Centre and campus will resume.

AIRPORT EXPRESS GO BUS SERVICE
Remember convenient GO Bus service is available to Pearson Airport seven days a week with several trips daily between the Richmond Hill Centre and Square One.

RESERVED BICYCLE PARKING
Starting mid-September, reserved bicycle parking will be available at the Hamilton GO Centre and Burlington GO Station.

GET OUT OF YOUR CAR AND GET ON THE GO.
FOR MORE INFO, VISIT GOTRANSIT.COM OR GIVE US A CALL.
SIGN UP FOR E-NEWS AND RECEIVE CUSTOMIZED INFO.

GET ON THE GO

416 869 3200 1 888 GET ON GO (438 6646) TTY 1 800 387 3652

Pour plus de renseignements, veuillez visiter le site gotransit.com ou composer un des numéros ci-dessus.

METROLINX
LINKING PEOPLE TO PLACES • ON Y VA

An agency of the Government of Ontario

TORONTO
Associate Publisher, Irene Patterson
Managing Editor, Jim Reyno
Retail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher
METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Defining Iggy's image

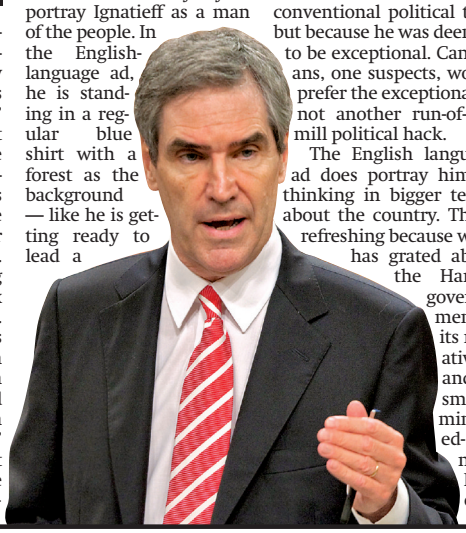
NationalReport
Lawrence Martin

metronews.ca/nationalreport

The Liberal campaign slogan, as revealed in its new TV advertising, is "We can do better." The one good thing about the mediocre ads is no one can argue with that premise. The country can always do better. That won't strike many as justification for trying to force an election. But Canadians aren't going to want an election six months from now, either.

When Michael Ignatieff is asked to justify a campaign he should just follow up on the advertising theme and say, "Because I think I can be a better prime minister." That would be the honest response. It isn't because there is some single pressing issue on which his Liberals have a magic answer. It's about ego.

The commercials, one in English, two in French, do not, like Conservative ads, feature scuzzy personal attacks. What is curious about them is they try to portray Ignatieff as a man of the people. In the English-language ad, he is standing in a regular blue shirt with a forest as the background — like he is getting ready to lead a boy scout troop on a hike.



This ordinary-guy pose is obviously designed to defray criticism that he is an ivory-tower elitist. But the Liberals should be careful here. The party pursued Ignatieff and made him leader not because he was a conventional political type but because he was deemed to be exceptional. Canadians, one suspects, would prefer the exceptional — not another run-of-the-mill political hack.

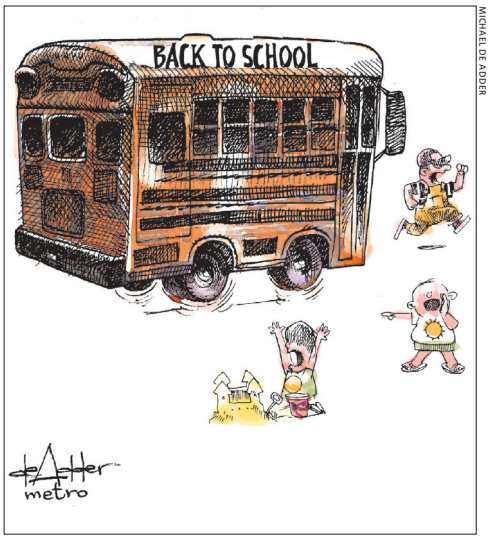
The English language ad does portray him as thinking in bigger terms about the country. That's refreshing because what has grated about the Harper government is its negativity and small-mindedness. Like other career politicians, Harper views politics as a mud-fight. Iggy didn't come from that culture and must not descend to that level.

The election result will pivot on the image of him that emerges. Harper is a known quantity. He is reasonably competent, but unlikable. The image is not about to change. Ignatieff, on the other hand, has yet to define himself. To try to do so during a campaign is risky business. This will be Harper's fourth campaign. He is still only 50. Ignatieff, 62, will be running his first national election.

If he runs a smart campaign and generates excitement as a leader of promise, the one who makes the country do better, the Liberals will win.

If he is ambiguous and stumbles, the Conservatives will cruise to another victory.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Canada needs a new security watchdog

Reg Whitaker

Security and intelligence problems keep popping onto the national agenda, even though very few of us want to see them there. Over the past several years, Ottawa has set up three special public inquiries into national security issues, and at least two other issues have raised calls for more inquiries.

Continually calling new inquiries is not good public policy. Each such inquiry is a one-off, expensive and time-consuming, and the expertise assembled for each inquiry is dispersed at the end, while the next inquiry has to start from square one.

Ongoing accountability mechanisms form a poor patchwork, covering only parts of the process, able to report only on their own narrow institutional stovepipes. The report on Omar Khadr, for example, looks only at CSIS, even though the Canadian policy on Khadr's situation was an all-government position, especially involving foreign affairs, whose intelligence activities are not subject to any ongoing scrutiny.

Over the years, each move to extend accountability has simply extended the patchwork, with highly uneven results. CSIS receives relatively good scrutiny. The RCMP, on the other hand, is inadequately scrutinized for both its national security and its law enforcement activities, as the present and past chairs of the RCMP Public Complaints Commission have insisted publicly. Yet as a result of the Maher Arar report, the commissioner of the RCMP was forced to resign.

It is time to institute an effective ongoing accountability process for the entire security and intelligence community, one that will remain in place ready to investigate and report on any and all issues that come up, without having to call for special, one-off inquiries. The government has promised to do just this, but action has not followed. Justice Dennis O'Connor made wide-ranging policy recommendations in the Arar report, yet almost three years have passed with no visible response.

O'Connor recognized that the practice of security intelligence in the age of global terrorism has changed. Where stand-alone agencies once conducted their own operations on their own turf, today integration is the key: Integration across agencies, and across government jurisdictions. O'Connor pointed out that if accountability is to be effective, it too must be integrated. He proposed a set of institutional and legal mechanisms to achieve this. These should be at the heart of any reform package.

Better accountability in national security is in everyone's interest. This ball is now in the government's court.

Reg Whitaker is an adjunct professor of political science at the University of Victoria.

Worth mentioning

Report urges improved reading, writing skills

Children who aren't reading well by the end of Grade 3 are at risk of dropping out or failing to graduate, warns a new report released as kids get back to their school routines.

But just because youngsters are attending classes, it doesn't necessarily mean they're mastering those all-important reading and writing skills in an expected time frame.

46 Melody Paruboczy, executive director of the Movement for Canadian Literacy, says approximately 46 per cent of adults in Canada aged 16 to 65 don't have literacy skills at the level needed to function fully in our information-based society.

At least 30 per cent of students don't have sufficient reading or writing abilities by the end of Grade 6, says the report by the Canadian Education Statistics Council.

The report notes that about five million students are returning to school, but if nothing changes, at least one million won't graduate.

"A large number of students who are failing to complete high school are failing to complete because they haven't picked up a golden ticket along the way," says principal investigator Julia O'Sullivan, dean of education at the University of Western Ontario in London, Ont.

"And the golden ticket, as far as I'm concerned, is the ability to read and write well enough to support success in school."

One of the problems, she argues, is the emphasis on teaching reading and writing in Canadian schools begins to fade after about Grade 4. THE CANADIAN PRESS

We Know What You're Thinking

56% The number of Canadian children who would give their Mom an "A" grade.

IPSOS REID

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Home Phone Lines

5 Great Plans to Choose From!

Enhanced	Unlimited Canada	One-Rate	Global
$14.95 /month	$19.95 /month	$29.95 /month	$39.95 /month
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.	UNLIMITED Calling to 25 Countries!
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

all features FREE!

- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number
- Free Comwave to Comwave calls WORLDWIDE!

LIMITED TIME OFFER!

You Get A Home Phone LIne With...

- All Features FREE
- UNLIMITED calling to Canada & USA + 25 countries

AND...

UNLIMITED Calling to INDIA

ONLY **$19.95** /MONTH

FREE

Cordless Phone System with your Comwave Home Phone

3 Handset Cordless Phone System

- Interference free
- Speaker Phone
- VoiceMail Indicator
- Caller ID/Call Waiting
- DECT 6.0 Technology

comwave

1-866-516-0236

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of $10/month for 355 minutes. Unused minutes do not roll over to the following month. Excess minutes will be billed at a rate of 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Rate of 19.95 for unlimited calling to India is a promotional rate available for the first three months, after three months the rate is 44.99 per month. The Global Home Phone plan and Unlimited Calling to India are limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. By accepting the free cordless phone set, you are agreeing to a 3 year term and agree to waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation.. Terms and conditions apply, see www.comwave.net for details

Steelmaker loses $290M US

Russia's largest steelmaker Severstal posted a $290-million US loss in the second quarter this year, compared with a $1.5-billion profit a year earlier, as the steel market remained vulnerable to flagging demand in the global economy. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 92.02¢	US $2.728	US $68.02	11,017.47
(Friday's close)	(Friday's close)	(Friday's close)	(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

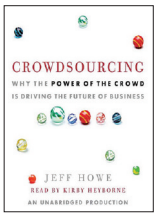
State Bank of India (Canada)
CDIC Member
TOLL FREE: 1-866-SBIC-NOW
www.sbicanada.com
Invest in TFSA
SBIC Power GIC account at
1.75%*
Conditions apply. Interest rates subject to change*

More brains are better than one

BookReview

Crowdsourcing

Author: Jeff Howe
Publisher: Crown Business
Price: $32.00



Imagine you could run a business that allowed you to be creative, have great work-life balance and all the nitty, gritty work gets done by thousands of other people. Doesn't sound any different from your your regular CEO gig, does it? How about the part that you are the only one collecting a paycheque ... and no, I'm not talking about slavery.

Jeff Howe, the author of Crowdsourcing, describes this very real advancement in how businesses are changing the way they operate and generate new ideas. Howe argues that by utilizing crowds, often online communities, businesses are able to create a higher level of engagement with their customers.

Using examples such as how Threadless.com came to be the T-shirt juggernaught of the worldwide web, or how iStockphoto overtook Getty Images in the stock photo game, Howe paints an impressive picture of why companies like Proctor & Gamble are starting to take notice of the power of crowds.

CRAIG LUND
/FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Apple about music?

Fans try to glean hints about new products

Once again, it's time to peer into Apple Inc. CEO Steve Jobs' cup and try to read the tea leaves.

Apple, as usual, has said almost nothing about the new products it plans to unveil at an invitation-only affair tomorrow in San Francisco. Playing their part, bloggers and Apple fans have filled the vacuum with "leaks," rumours and wish-list items that, while often far-fetched, can't completely be ignored. Sometimes, just sometimes, a bit of truth shines through.

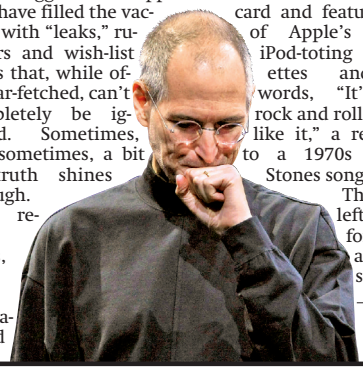
In recent years, the California-based company has used its September event to unveil new iPods, which have grown smaller, sleeker and more powerful with each new generation.

This year's event is along the same lines, if Apple's email to reporters is any indication. The invitation looks like an iTunes gift card and features one of Apple's iconic, iPod-toting silhouettes and the words, "It's only rock and roll, but we like it," a reference to a 1970s Rolling Stones song.

That still left room for creative speculation. Detail-starved bloggers took a close look at the image and noted that the headphones jack into the large-ish iPod at the bottom — making it an iPod Touch, not an iPod classic. The observation has added weight to one rumour that Apple could discontinue the classic, the only model left to use a hard drive instead of flash memory.

Apple watchers are also looking out for the ninth incarnation of iTunes.

THE ASSOCIATED PRESS



Steve Jobs

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Find out how to scan this barcode on pg 3

Traders eye OPEC talks

ENERGY Oil prices climbed to near $69 US a barrel on international markets yesterday, helped by rising equity markets, a weaker U.S. dollar and expectations that the Organization of Petroleum Exporting Countries will keep its output steady at tomorrow's meeting in Vienna.

Trading volume was light because of Labour Day in North America.

With the dollar losing ground against other currencies, commodities like oil and gold were more attractive to investors looking for a hedge against inflation. THE ASSOCIATED PRESS

Metro Halifax hikes circulation

MEDIA Metro Halifax will increase its daily circulation to 35,000 copies from 30,000 effective today — an increase of 40 per cent since its launch on Feb. 14, 2008.

With more than 500 distribution points in Halifax, Dartmouth, Bedford and Lower Sackville, Metro Halifax's average circulation has recently averaged more than 30,000 copies daily. With this increased press run of 5,000 copies and a strategic distribution plan, Metro Halifax will increase its footprint and maximize readership with a stronger presence in Dartmouth and surrounding areas.

METRO NEWS SERVICES

Saab buyers find another investor

AUTOS Koenigsegg Group AB has secured the extra financing needed to complete the acquisition of Saab Automobiles from General Motors Corp., the Swedish government said yesterday.

Koenigsegg signed a deal to buy the Swedish car brand from GM in August, but said about 3 billion kronor ($417 million US) were missing before it could conclude the deal.

Around the same time, documents filed with the Swedish Companies Registration Office revealed that San Diego-based investor Mark Bishop had opted out of the deal. Bishop had initially been registered with a 22.2 per cent ownership share in Koenigsegg.

THE ASSOCIATED PRESS

Initial shareholders

- According to the initial registration in June, Koenigsegg Group's shareholders included Koenigsegg Automotive AB with a 23.4 per cent stake, its owner and CEO Christian von Koenigsegg's firm Alpraaz AB with 42.6 per cent, Eker Group with 11.8 per cent and Mark Bishop with 22.2 per cent.

learn to turn income tax into income
H&R Block needs tax professionals. Study with us.
- Choose a class schedule and location convenient to you.
- Receive high quality training.
- Start a rewarding career.*

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.
*Enrolment in, or completion of, the course is neither an offer nor guarantee of employment. Some restrictions apply.
H&R BLOCK

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch
metrotube
The video everyone's talking about.

DEBT PROBLEMS?
We Can Help!
Call Now 1-888-532-0098
FREE Consultation
- No more calls from collection agencies!
- One small monthly payment for all your debts!
- No need to go Bankrupt
- Cut your debt by up to 70%!
- Reduce Interest on your debts!

Licensed by the Ontario Government Reg# 4710424
Debt Payoff Canada
www.debtpayoff.ca

LASIK MD VISION
ARE YOUR GLASSES & CONTACTS
WEIGHING YOU DOWN?
LASER VISION CORRECTION
Starting at
$490 TAX /eye*
Financing available with low monthly payments
FREE Consultation: 1-877-316-4040 • www.lasikmd.com
DOWNTOWN TORONTO • NORTH YORK • MISSISSAUGA • HAMILTON
Now Open in VAUGHAN
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
Montréal | Ottawa | Kingston | Waterloo | London | Winnipeg | Calgary | Vancouver

More U.S. banks bite the dust

Regulators Friday shut down banks in Missouri, Illinois and Iowa, pushing to 88 the number of banks that have failed this year under the weight of the soured economy and rising loan defaults. THE ASSOCIATED PRESS

Market worries ease after G20 summit

Central bankers, finance ministers agree to continue government stimulus

Investors reacted positively to the weekend announcements from finance officials at the Group of 20 summit in London, which acknowledged some improvements in economic growth but warned recovery was not sustainable without continued help from governments in the form of deficit spending, low interest rates and efforts to expand the money supply.

"It will come as a relief to markets that G20 central bankers and finance ministers agreed that it was too early to begin withdrawing massive fiscal, monetary and financial support," said Mitul Kotecha, analyst at Calyon.

Markets had been worried that nascent signs of economic recovery would lead countries to unwind their stimulus, but the G20 dispelled those fears.

"It is hardly surprising that officials are not formulating an early exit from emergency measures, especially given the ongoing uncertainty about the pace and shape of global economic recovery," said Kotecha.

"It is hardly surprising that officials are not formulating an early exit from emergency measures ... "
Mitul Kotecha, analyst

He said growing doubts about the duration of an economic rebound will "pose a risk to the sustainability of any equity rally over coming months" as stocks look increasingly overvalued.

"Amongst the factors needed is some clarity about the pace and shape of growth once stimulus is reversed."

Stock markets were also helped by upbeat corporate and economic news.

On Friday in the U.S., investors pushed stocks up after data showed the unemployment rate rose in August, but that jobs were being cut at a slower pace.

Wall Street will reopen today.

Oil prices were up in European trade, with benchmark crude for October delivery up 74 cents at $68.76 US, as investors looked to this week's OPEC meeting for a possible change in the cartel's production. The contract rose six cents Friday to settle at $68.02 US. The US dollar strengthened to 93.01 yen from 92.95 yen Friday night, while the euro rose to $1.4332 from $1.4309.

THE ASSOCIATED PRESS

KRISTY WIGGLESWORTH/THE ASSOCIATED PRESS

Cadbury's chocolate products are seen for sale in London. Kraft Foods Inc. proposed a $16.7-billion takeover of Cadbury PLC yesterday.

Cadbury rejects Kraft takeover bid

FOOD Kraft Foods Inc. yesterday proposed a $16.7-billion US takeover of Cadbury PLC, but the offer was immediately rejected by the British maker of chocolate, gum and candy.

Cadbury shares shot up 41 per cent to 803.5 pence at midday on the London Stock Exchange, about the minimum analysts suggested Kraft would have to pay to clinch a deal.

Cadbury said the offer undervalued the company, and expressed confidence in its "standalone strategy and growth prospects as a result of its strong brands, unique category and geographic scope."

Kraft was undeterred, however, and said it would continue to seek a transaction that Cadbury's board could support.

Kraft, whose brands include Velveeta cheese product and Oreo cookies, said it had proposed paying 300 pence in cash and 0.2589 new Kraft Foods shares per Cadbury share, valuing Cadbury shares at 745 pence. That represents a 31 per cent premium over Cadbury's closing share price of 568 pence Friday.

Cadbury has a 10.3 per cent share of the world confectionary market in 2008, second only to Mars Inc. with 14.8 per cent.

THE ASSOCIATED PRESS

© 2009 Audi Canada. †Whichever occurs first. Maximum coverage available if there is remaining coverage from the Audi New Vehicle Limited Warranty. Audi CPO Limited Warranty effective for up to the earlier of 2 years/40,000 km. *Limited time finance offer available through Audi Finance, on approved credit. 0.9% APR financing available for up to 24 months on all 2004-2009 A4 models. Example: MSRP of $27,900.00 for a 2006 Audi A4 2.0T quattro Sedan with automatic transmission financed at 0.9% APR for 24 months, equals $1,325.97 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $296.28 for a total obligation of $31,823.28, including taxes and finance charges. PPSA, license, insurance, registration, any dealer or other charges and options extra. Offer valid until October 1, 2009 and may change or be withdrawn at any time without prior notice. Dealer order/trade may be necessary. "Audi", "A4", "quattro", and the four rings emblem are registered trademarks of AUDI AG. "CARFAX" is a registered trademark of CARFAX, Inc. To find out more about Audi or for more details, see your dealer, call 1-800-FOR-AUDI, or visit www.audi.ca/certified.

Spanish, Chinese phone companies cut strategic deal

COMMUNICATIONS Spanish phone company Telefonica SA and China Unicom Ltd., one of China's three main state-owned carriers, say they will expand a strategic alliance and buy $1 billion US worth of each other's shares.

The companies said they will co-operate in development of technology for mobile phones, providing services to multinational customers and other areas under the agreement signed Sunday.

They also plan to exchange managers, the companies said.

"We are fully committed to the alliance and will exploit the synergies offered by this far-reaching co-operation to benefit our shareholders and customers alike," Telefonica chairman Cesar Alierta said in a statement.

THE ASSOCIATED PRESS

Google Books making European concessions

MULTIMEDIA Internet search leader Google Inc. said yesterday it is making concessions to European publishers to try and soothe worries over its Google Books project, which aims to put many hard-to-find books online.

Google's digital library has raised hackles among Internet rivals such as Microsoft, Yahoo and Amazon and triggered fears among some European copyright holders that their exclusive rights could be eroded.

Google spokesman Bill Echikson said the company would try to take these concerns on board and would appoint two European representatives to a registry that oversees the project — one representative for authors and one for publishers.

He also said Google would do more to check that English-language editions of books originally published in a European language weren't wrongly listed as out-of-print in the United States.

Publishers feared that adding such books to the Google library would lose them sales and hurt their right to sell books in their catalogue.

The European Commission is holding a hearing to examine the effect of Google's 10-month settlement with U.S. authors and publishers on copyright holders in the European Union.

Unlike the U.S., Google is only scanning European books more than 150 years of age to avoid infringing copyrighted material.

THE ASSOCIATED PRESS

Hummel **New ownership**

FILE PHOTO/THE ASSOCIATED PRESS

Pottery painter Sabine Tzscheuschner works on a figurine entitled Feeding Time at the Hummel figurine manufactory in Roedental, Germany. The 74-year-old line of sentimental porcelain figures is trying to make a go of it under new owners, having been shut down from October 2008.

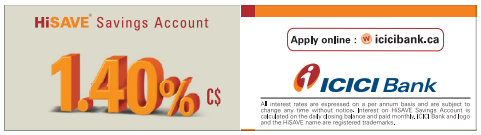
Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
0.8%	0.75%	1.0%	1.4%	1.2%	0.75%	0.75%	1.25%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Concentrate on your wallet to lose weight

AlisonOnMoney

The diet industry is a perennial money-maker, from exercise programs to magic potions and from diet books to calorie counting counselors. In the end, though, pretty much all of it centres on food.

Here's a different approach. Lose weight by focusing on money. A recent fascinating article on ethicurian.com by Marc R., aka Mental Masala (forgive him, he's a food writer), points out that according to the U.S. Government Accountability Office, per capita spending on food rose by 16 per cent between 1982 and 2007. Canadian data is less revealing, but we tend to mirror Americans in our food spending.

Most of the increase noted comes from food consumed away from home. We all sense that every bite of takeout and restaurant food delivers a much higher caloric wallop than what you prepare yourself. Add to that the huge escalation in the frequency of eating out and the problem for dieters is clear.

Back in the 1970s, when disco was still cool, Americans consumed 18 per cent of total calories away from home.

Mental, who probably calls himself that after spending too much with government reports, estimates the percentage had risen to nearly 50 per cent by the end of the '90s. I'm willing to bet the figure is even higher today.

Obviously, eating out takes a bigger chunk out of your wallet than food consumed at home, though you do get a lot more caloric bang for your buck. If the aim was to get more (calories) for your money this would be fine. But if you are trying to lose weight, well, you get the picture.

So here's the money-focused weight loss solution. Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheque and once it's gone, your dining out is done.

You'll save money and cut calories at the same time — now that's a diet!

Alison's Money Rule:

- When trying to lose weight, forget about the calories and concentrate on how much you spend on what you consume away from home.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Timeshares not for profit

MoneyMatters

Q My wife and I own a timeshare in Mexico. In less than five vacations we would spend the equal cost of owning. What are average returns in this industry?
— Thomas, North York

A Individuals should never purchase a timeshare as an investment. I should however, clarify this as, never purchase a timeshare with the intent of selling at a higher price.

I have yet to hear of a timeshare that has increased over time. That in itself, does not make a timeshare a poor purchase. If your purchase was for enjoyment, then a timeshare can make good sense.

Food for thought: Don't buy for a profit, without a few days' cooling period, without consulting a lawyer, with a credit card, or under pressure to "sign now or lose the deal."

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

PONTIAC

LAST CHANCE ON THE LAST OF THE 2009's

2009 PONTIAC G3 WAVE SE
YOUR CHOICE OF 5-DOOR OR SEDAN

$13,238* CASH PURCHASE PRICE

$79‡‡ AT 5.99%

BI-WEEKLY / 72 MONTHS • $2,950 DOWN PAYMENT. FREIGHT & TAXES NOT INCLUDED

INCLUDES $3,625 CASH CREDIT

Offer Includes $1,000 Loyalty Bonus. Available to current GM owners.▼

HWY: 5.7L/100KM – 50 MPG
CITY: 7.9L/100KM – 36 MPG△

FIVE-STAR SAFETY RATING▽

2009 PONTIAC G3 WAVE GIVES YOU MORE

	2009 G3 WAVE SE 5-DOOR WITH SUNROOF	2009 TOYOTA YARIS LE BASE 5-DOOR MODEL	2009 HONDA FIT DX BASE 5-DOOR MODEL
LOWER CASH PRICE	$13,238	$13,270**	$14,980**
AIR CONDITIONING	✔	X	X
AUTOMATIC TRANSMISSION	✔	X	X
POWER SUNROOF	✔	X	X
FOG LIGHTS	✔	X	X
REMOTE KEYLESS ENTRY	✔	X	X
CRUISE CONTROL	✔	X	X
ON STAR¥	✔	X	X
POWERTRAIN WARRANTY	5-year/160,000 km	5-year/100,000 km	5-year/100,000 km

WITH More than $4,000◆
in additional features than Toyota or Honda

◆Value of additional standard features based on dealer pricing. Vehicle comparison is based on 2009 G3 Wave SE (2TX48 1SB + MXO +CF5), 2009 Yaris LE 5-Door (KT923M), and 2009 Fit DX (GE8729E). **Vehicle specification and purchase price according to the information available on the manufacturer's website at time of printing.

2009 PONTIAC G5 SE
YOUR CHOICE OF COUPE OR SEDAN

Offer Includes $1,000 Loyalty Bonus. Available to current GM owners.▼

$13,998* CASH PURCHASE PRICE

$84‡‡ AT 5.99%

BI-WEEKLY / 72 MONTHS • $2,950 DOWN PAYMENT FREIGHT & TAXES NOT INCLUDED

INCLUDES $4,500 CASH CREDIT

2009 PONTIAC G5 GIVES YOU MORE

	2009 G5 SE	2010 TOYOTA COROLLA CE BASE SEDAN MODEL	2009 HONDA CIVIC DX BASE SEDAN MODEL
LOWER CASH PRICE	$13,998	$15,260**	$14,490**
AIR CONDITIONING	✔	X	X
AUTOMATIC TRANSMISSION	✔	X	X
16" ALUMINUM WHEELS	✔	X	X
REMOTE KEYLESS ENTRY	✔	X	X
POWER DOOR LOCKS	✔	X	X
HP / TORQUE	155 / 150	132 / 128	140 / 128
POWERTRAIN WARRANTY	5-year/160,000 km	5-year/100,000 km	5-year/100,000 km

WITH More than $3,000◆
in additional features than Toyota or Honda

◆Value of additional standard features based on dealer pricing. Vehicle comparison is based on 2009 G5 SE (2AL69/2AL37 1SA + MXO), 2010 Corolla CE (BU42EM) and 2009 Civic DX Sedan (FA1529EX). **Vehicle specification and purchase price according to the information available on the manufacturer's website at time of printing.

OR STEP UP TO THE 2009 G5 SE PODIUM EDITION

FOR ONLY $19‡‡ MORE BI-WEEKLY

G5 SE Podium Edition Features:

- Sunroof • OnStar¥ • Side Curtain Airbags • Bluetooth
- Cruise Control • Leather Wrapped Steering Wheel
- Leather Wrapped Shifter Knob • Fog Lamps
- 7-speaker 260 Watt Premium Speaker System

HWY: 5.9L/100KM – 48 MPG
CITY: 8.7L/100KM – 33 MPG△

PONTIAC BUICK GMC

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS / 160,000 KM* WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.
• POWERTRAIN COMPONENT LIMITED WARRANTY
• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION

Redeem your GM Card earnings today.†

BUYPONTIAC.CA

STUDENT BONUS▽◆ GM pays the first 2 monthly payments*

For the latest information, visit us at pontiac.gm.ca, call 1-800-GMDRIVE or visit your local Pontiac Buick GMC dealer. ▼$1,000 is a manufacturer to consumer incentive (tax inclusive) and is reflected in offers in this advertisement. Example: $10,000 purchase price, after tax price is $11,200 ($10,000 plus $1,200 applicable taxes). After applying $1,000 credit, after tax price is $10,200 ($885 reduced purchase price plus $115 applicable taxes), with the $1,000 credit being the $885 reduction from the purchase price and the $115 reduction in taxes which would have otherwise been payable on the full purchase price. Such credit may be applied only to the purchase/finance/lease of a new 2009 or 2010 GM vehicle delivered between September 1 and November 2, 2009. Offer applies to current owners/lessees of any GM vehicle, excluding 2008MY and prior vehicles and Medium Duty Truck. Vehicle must have been registered and insured in customer's name for previous consecutive 6 months. Conditions and limitations apply. See dealer for details. ‡Offer applies to the cash purchase of 2009 Pontiac (G3 Wave SE 5-door or Sedan 1SN/G5 SE Coupe or Sedan 1SR). Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. Freight ($1,325/$1,325), license, insurance, registration, PPSA, administration fees and taxes are not included. ‡‡Offers apply as indicated to the purchase of 2009 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only (including Outaouais). Dealer trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. △Based on 2009 Natural Resources Canada (NRCan) ratings for the Pontiac G3 Wave with 1.6L 4-cyl. engine, 5-speed manual transmission and FE1 Combined Fuel Consumption Rating of 6.5 L/100 km (43 MPG). Actual fuel consumption may vary. ◇US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on the star ratings and the program, visit www.safercar.gov or call the Vehicle Safety Hotline at 1-888-327-4236. Only some vehicles are rated. Ratings are subject to change. Not all vehicles are available with 5-star safety ratings. Check with your dealer for availability. ¥Requires active OnStar® service plan and compatible cellular service, sold separately. Visit onstar.ca for details and limitations. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions. Privacy Statement and details and system limitations. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ▽GMCL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details. ‡‡Financing on approved GMAC/TD Bank credit only. 5.99% purchase financing for 72 months available on 2009 Pontiac (G3 Wave SE 5-door or Sedan 1SN/G5 SE Coupe or Sedan 1SR). Example: $10,000 at 5.99% for 72 months, the monthly payment is $165.68. Cost of borrowing is $1,928.96, total obligation is $11,928.96. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Freight and taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $13,238/$13,998/$16,398 with $2,950 down payment.

By the numbers

According to an RBC poll, 35 per cent of returning college and university students and 43 per cent of new students feel that they can only stretch their spending money as far as the Christmas break. NEWS CANADA

Student ¢ents

Find options

Some students might opt to take on additional job hours, cut their course load, and take an extra semester to control their finances. Other students feel they can take on a little more debt. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Have fun, on a budget

RAFAEL BRUSILOW
for Metro Canada

To save money, why not get your friends together for a DVD night? Rentals are cheap, and microwave popcorn costs next to nothing.

Even bookworms need to have fun sometimes, but there's just one problem for most entertainment-starved students: lack of cash.

Fear not, for while your personal finances might elicit a poorly disguised giggle from the bank teller, you can still have plenty of fun for a dime with these tips below.

Bag it 'n' bring it

Picnics are killer for social fun and they're cheap as all heck, plus you can do them just about anywhere. Head to the park with friends and a guitar for a midday soiree, or camp out in your college quad for some after-class fun with snacks and bevvies. Great for a romantic option on the cheap too.

The play's the thing

Live theatre can be quite cheap for students, with tickets often going for half the price of regular seats. Check out your campus theatre especially — you can often find some good shows for about $5-$8. Students in Ottawa and Calgary take note: the National Arts Centre offers unsold tickets to professional shows for $11 to students. In Toronto, hipTIX offers performing arts tickets for $5 to students as well.

Cinema de couch

For some students, the DVD player can become like a second mother — and for good reason. Rentals are cheap, or free if you borrow a disc from a friend, and a big TV can let plenty of people watch. Theme nights can be a blast ('70s horror? Comedies starting with the letter 'A'? Schwarzenegger?) and microwave popcorn costs next to nothing.

Get active

Most campuses have rec centres that you've already paid for a membership to (remember all those brutal fees?) so get moving! Join an intramural team for active, social fun or get people together for a group workout. A scenic bike ride around town offers free travel and exploration too.

Chat it out

Round up some like-minded people for a regular coffee'n'chat session. Hip coffee shops are usually in abundance around campus and even ultra-expensive coffee usually maxes out at about $4, meaning you can debate vampire lore to your heart's content without having to spend much. Make it a weekly thing and switch topics regularly to keep things fresh.

Volunteer

Not only is volunteering a great experience, it costs you only time and you'll often get fed for free. It's also a much underrated date option if you volunteer together — you'll get to know each other's real personalities a lot quicker when you're interacting with people in a helping scenario.

Where to get good stuff — for free!

There is one universal price all students can agree on, and that price is FREE.

Free stuff is the holy grail of just about any student's financially challenged life and finding great giveaways is not necessarily as hard as you might think. Here are a few places you can look:

- **Craigslist.org.** Yes, there is a "Free" section on this now-ubiquitous site, which has branches in dozens of Canadian cities and yes, people who post here really are giving their used stuff away for nothing. Furniture tops the list of worthwhile items that you can often get for free, but books and appliances are popular giveaways too. An example of some recent giveaways in the Toronto area: 50" rear-projection TV, and a set of bookcases.

- **RedFlagDeals.com.** A popular site that screens free online offers to make sure they are legit. Just about anything might pop up here, but keep in mind that for most free offerings, you'll be expected to sign up to a site or fill out a survey (usually mentioned in the item's posting). An example of some recent giveaways: a Vancouver Canucks fan pack, and an IT certification study guide.

- **Totallyfreestuff.com.** Solid site that offers plenty of vetted Canadian deals. Similar situation to RedFlagDeals with signing up/survey-filling. Example of recent freebies: teeth whitening package, and a free MP3 download of your choice from Amazon.com.

- **Canadianfreestuff.com.** Smaller list of free postings, but it has a huge forum where freebie-seekers trade tips, tricks and freebie leads they have already vetted themselves. Great user-written guides on hunting free stuff too. Recent forum postings: free Quaker Oats granola bars, and a free vegan starter kit.

– RAFAEL BRUSILOW /FOR METRO CANADA

RBC®

Because 'cheez' isn't a real word.

Get real banking advice. Plus every day we're giving students $1000* – to buy real cheddar. Visit a branch today to open a free or unlimited student banking account.[1]

rbc.com/windaily

CREATE A BETTER STUDENT LIFE RBC Royal Bank®

*No purchase necessary. Contest runs from July 15, 2009 to October 31, 2009. Draws begin August 4, 2009. Winners will be announced daily starting August 7, 2009 for 92 days. For full Contest rules and how to enter without purchase, please visit www.rbc.com/stimulus/rules.
[1] No monthly fee. 25 free debit transactions a month and a no annual fee credit card. Unlimited refers to the RBC No Limit Banking for Students® account which provides unlimited monthly debit transactions. For full product details visit www.rbc.com/student.
®Registered trademark of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

IF YOU LIKE GETTING BAD NEWS FIRST, WE'VE GOT GOOD NEWS FOR YOU.

INSTANT NEWS UPDATES ON YOUR PHONE.

FROM AROUND THE GLOBE TO AROUND THE CORNER, GET UP-TO-THE-MINUTE-COVERAGE WITH METRO MOBILE.

m.metronews.ca

Pirates set futility record

The Pittsburgh Pirates set a new record in futility yesterday. Their 4-2 loss to the Chicago Cubs guaranteed the team's record-breaking 17th straight losing season. Only the Phillies (1933-48) have had as many as 16 losing seasons in a row. METRO NEWS SERVICES

Sports

Throwing to the Lions

Matt Stafford, left, has won the Detroit Lions' starting quarterback job. Lions coach Jim Schwartz told his team yesterday morning that the No. 1 overall pick in April's draft would start Sunday's game against the New Orleans Saints. The Lions are coming off the first 0-16 season in NFL history. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Argonauts mauled by Tiger-Cats

CFL RESULTS

Toronto 15 Hamilton 34

AT

Kevin Glenn threw two TD passes to lead the Hamilton Tiger-Cats to a 34-15 win over the Toronto Argonauts yesterday.

Hamilton (5-4) snapped a six-game home losing streak against Toronto (2-7). The two teams don't have the luxury of time to mull over this one. The Argos host the Ticats Friday night.

The win was important for Hamilton, which moved four points ahead of third-place Winnipeg (3-6) in the East Division standings and to within four points of first-place Montreal (7-2). Toronto remains last in the conference.

CHRIS YOUNG/THE CANADIAN PRESS

Toronto running back Jamal Robertson, centre, tries to find a path through the Tiger-Cats yesterday in Hamilton. The Ticats thumped the Argos 34-15 in the Labour Day classic.

Hamilton receiver Arland Bruce III, facing the Argos for the first time since they dealt him earlier this summer, didn't score, but made an impact. He finished with six catches for 115 yards, including grabs for 44 and 43 yards that set up Ticats' TDs.

And Toronto fell to 0-5 since trading Bruce. The Ticats are now 3-2 since acquiring Bruce.

Hamilton controlled the contest with a stout defence that registered three sacks and forced three turnovers, thrilling the noisy sellout gathering of 30,293. But the Ticats' offence had trouble putting the game away with its struggles in the red zone.

On three separate occasions, Hamilton drove inside the Toronto 10-yard line, but could only muster seven points (two field goals, single). But third-string quarterback Adam Tafralis' one-yard TD run at 13:40 of the third gave the Ticats a 28-13 lead and cemented the win.

Nick Setta connected from 29 yards out at 8:07 of the fourth to make it 31-13 after Hamilton's Dylan Barker recovered Will Poole's fumble off a punt return at the Toronto 22-yard line.

THE CANADIAN PRESS

Sinking ship

- Since letting head coach Rich Stubler go, the Argos have lost 15 of 17 regular-season games.

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Find out how to scan this barcode on pg 3

Sports in brief

GENDER TEST Wilfred Daniels, the remorseful coach of a South African runner whose gender has been questioned has resigned over the way her case was handled. Daniels says Caster Semenya's gender test was conducted without her knowledge under the guise of a doping check.

BASKETBALL The owner of the Memphis Grizzlies and the team's staff met with Allen Iverson yesterday as the sides moved closer to bringing the veteran to a very young team. The Grizzlies confirmed the meeting, but declined to comment. METRO NEWS SERVICES

Twins pound Richmond early, Jays can't recover

MLB RESULT

Minnesota 6 Toronto 3

AT

BASEBALL Scott Richmond coughed up five runs in a terrible first inning and the Toronto Blue Jays were never able to escape the early hole in a 6-3 loss to the Minnesota Twins yesterday afternoon.

Richmond, from North Vancouver, B.C., allowed the game's first six batters to reach and five of them scored by the time he recorded the first out of the 45-pitch, 21-minute inning.

The rookie right-hander steadied after that, allowing just one more run over the next five frames, but that did little else but save the bullpen for the Blue Jays (61-76), who fell a season-worst 15 games under .500 for the third time.

There was little for the crowd of 13,153, the third smallest of the year, to cheer for, and the atmosphere at Rogers Centre was more like that of a neighbourhood beer-league game than a big-league contest. Not even the Canadian International Air Show buzzing overhead could manage to liven things up.

Adam Lind's sacrifice fly in the third made it a 5-1 game, while a homer by Jose Bautista and infield RBI single by Vernon Wells in the fifth briefly made it a two-run game.

Toronto-born reliever Jesse Crain (5-4) picked up the win and Joe Nathan earned his 37th save.

THE CANADIAN PRESS

$195M US relocation fee for Coyotes: NHL

HOCKEY Two studies conducted for the NHL set a potential relocation fee of $101 million US to $195 million to move the Phoenix Coyotes to Hamilton.

The figures are listed in a lengthy brief filed over the weekend in the bitter fight in U.S. Bankruptcy Court over ownership of the franchise.

The potential fees are in stark contrast to the $11.2 million to $12.9 million cited by economics professor Andrew Zimbalist in a study conducted for Canadian billionaire James Balsillie. Balsillie, co-CEO of the company that makes the BlackBerry, wants to buy the franchise for $212.5 million, contingent on moving it to Hamilton.

The NHL made a last-minute bid of $140 million to purchase the team and keep it in Arizona.

The team is to be sold at auction Thursday, but many legal issues have yet to be resolved.

The league, in determining a potential relocation fee, cited studies conducted for the NHL by the Barrett Sports Group and Sports Value Consulting.

The Barrett study concludes the franchise in Hamilton would be worth between $261.8 million and $279.8 million. Sports Value's figure was a whopping $315 million.

Meanwhile, Barrett said the Coyotes in Glendale would be worth $163 million to $176 million and Sports Value places the figure at $120 million.

The NHL refuses to consider the possible relocation of the franchise, however, because its board of governors voted 26-0 with three abstentions against Balsillie as an owner.

The Canadian wants Judge Redfield T. Baum to overrule that NHL rejection and allow the team to move to Hamilton over the league's objection. Balsillie also is asking the judge to set a reasonable relocation fee if the NHL refuses to do so.

The NHL, in its filing, said that even $195 million would not begin to address the true damages done to the league by such a move.

"No relocation fee or indemnity payment (regardless of the amount) could compensate the NHL" if the court takes away the board of governors' ability to determine who owns a team and where it plays, the NHL said.

THE ASSOCIATED PRESS

Buehrle ends winless drought
Mark Buehrle won for the first time since pitching a perfect game on July 23, ending his eight-start drought by leading the Chicago White Sox over the Boston Red Sox 5-1 yesterday. The White Sox lefty had been 0-4 with a 5.44 earned-run average since his gem against Tampa Bay. THE ASSOCIATED PRESS

Oudin's run continues

17-year-old knocks off another seeded player at U.S. Open

Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old spark-plug from Georgia proved it again yesterday at the U.S. Open, extending her remarkable run to the quarter-finals with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.

Oudin staved off two points that would have put her behind 5-3 in the second set, then rolled through the third, hitting corners with those underrated groundstrokes and taking advantage of 22 unforced errors by her more-seasoned, higher-ranked opponent.

Rankings, like her age, however, are only numbers.

The 70th-ranked player already had comeback wins over No. 4 Elena Dementieva and No. 29 Maria Sharapova at Flushing Meadows, along with one over former No. 1 Jelena Jankovic this summer at Wimbledon. Now, she's knocked off No. 13.

Too young to know any better? Maybe. Regardless, she has become the youngest American to move into the quarter-finals at America's Grand Slam since Serena Williams in 1999.

JULIAN FINNEY/GETTY IMAGES

Melanie Oudin celebrates her win over No. 13 Nadia Petrova yesterday at the U.S. Open. Oudin rallied to win 1-6, 7-6 (2), 6-3.

"I think this is going to do a lot," Oudin said. "I think it's good for American tennis."

Not so good for Russian tennis, though.

All four of Oudin's wins have come against Russians and her next match could be against yet another. That's sixth-seeded Svetlana Kuznetsova, the 2004 Open champion and the only Grand Slam tournament winner left on Oudin's side of the bracket.

After hitting a forehand to the corner for her 19th and final winner on match point, Oudin threw her racket in the air.

"It's kind of hard to explain how I've done it," Oudin said. "Today, there were no tears because I believed I can do it. Now I know I do belong here. This is what I want to do. I can compete with these girls no matter who I'm playing. I have a chance against anyone."

In men's action, No. 1 Roger Federer beat No. 14 Tommy Robredo 7-5, 6-2, 6-2 for his 38th straight win at the U.S. Open. In the quarter-finals, Federer will face No. 12 Robin Soderling, who he beat in the French Open final to complete his career Grand Slam. THE ASSOCIATED PRESS

Stricker wins Deutsche Bank, takes playoff lead from Tiger

GOLF Given another chance to win a playoff event, Steve Stricker delivered back-to-back birdies to cap off a wild Labour Day finish and win the Deutsche Bank Championship yesterday, moving past Tiger Woods to the top of the FedEx Cup standings.

One week after missing a 10-foot par putt to force a playoff, Stricker rolled in a 15-foot birdie on the 17th hole, then hit a delicate chip to tap-in range on the par-5 18th for a 4-under 67 one-shot victory over Jason Dufner and Scott Verplank.

The victory was his third of the year, and moved Stricker to a career-high No. 2 in the world ranking.

Better yet, he has a 909-point lead over Woods in the FedEx Cup with two tournaments remaining. Because the points will be reset after next week in Chicago, Stricker is assured of being no worse than the No. 2 seed and will have a chance at the Tour Championship to go after the $10-million US prize.

"It's been a blast, and I want to keep riding it out," Stricker said as he tried again to fight back tears. THE ASSOCIATED PRESS

Canadians

- Mike Weir of Bright's Grove, Ont., and Calgary's Stephen Ames finished tied for 23rd at 9-under.

Sports in brief

SOCCER Manchester United warned Le Havre yesterday that action would be taken against the French club if it continues to claim financial inducements were paid to the family of a teenager signed by the Premier League champions. Le Havre's president had claimed the Red Devils offered 16-year-old midfielder Paul Pogba's parents cash and a house to join them.

FOOTBALL Cleveland Browns coach Eric Mangini has decided on his starting quarterback, and he's keeping it a secret as long as he can. Mangini declined to name his starter for Sunday's season opener against Minnesota, and said he has not yet told Brady Quinn or Derek Anderson who won the job.

GOLF Suzann Pettersen is back in the winner's circle in a big way, capturing the CN Canadian Women's Open Sunday for her first LPGA Tour victory in almost two years.

HOCKEY The U.S. beat Canada 2-1 to win the Hockey Canada Cup Sunday in the building that will host the Olympic gold-medal final in women's hockey next February. METRO NEWS SERVICES

Metro Supports Give Girls A Chance!
Educate a Girl. Change the World.

Find out why, whether it's on native reserves in Canada or in Third World country villages, educating girls is the key not only to economic growth, better health and prosperity but our best bet in the battles against terrorism and AIDS by visiting:
www.givegirlsachance.org

Thanks for your part in making the world a better place by educating girls.
metro

Don't get pick d.

Pickpockets love crowds and busy places; help prevent pickpocket theft. Keep your valuables out of sight, your wallet in your front pocket and your purse closed and in front of you.

TTC Special Constables, uniformed employees, passenger assistance alarms, public telephones and intercoms are your sources of assistance on the TTC.

LOOK AROUND. BE AWARE.
Report security incidents to a TTC Special Constable or uniformed TTC employee.
For more details, see www.ttc.ca
Toronto CRIME STOPPERS 1-800-222-TIPS
www.ttc.ca
416-393-INFO
SPECIAL CONSTABLE SERVICES

McMaster students, staff to be consulted on rapid transit stop

This fall, McMaster University and the City of Hamilton will consult with the institution's students and faculty about where to locate a transit terminal for rapid transit coming to the campus. METRO NEWS SERVICES

Workology

York inquiry

The Canadian Association of University Teachers has set up an inquiry into issues arising from the Israel/Palestine conference held at York University this June, which was co-sponsored by York and Queen's universities. The inquiry will examine whether academic freedom was violated, and make recommendations as to policies and procedures that will safeguard academic freedom. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Is work taking over your life?

Poll show twice as many Canadians feel overworked this year over last

RAFAEL BRUSILOW
for Metro Canada

One in three Canadians feel work is dominating their life, a new poll shows.

The 2009 Everest College Labour Day Poll conducted by Harris/Decima found that 34 per cent of Canadians feel work is dominating their lives, with a similar number saying they are expected to work longer hours for the same or less pay. One in four Canadians also said they are working more than one job to make ends meet.

Don Thibert, director of academic affairs for Everest College, says the poll shows Canadians are being squeezed in their working lives in an effort to weather the economic downtown.

"There are people out there that are holding down multiple jobs and putting in a lot of extra hours. And whereas a year ago four people would have been doing a single job, now you might have only two or three people doing that same workload," Thibert said.

In last year's poll only 12 per cent of respondents agreed that work was dominating their lives meaning almost twice as many people are feeling weighed down by their workload this year, likely due to the economic downturn.

Interestingly, of the 34 per cent who are struggling the most, only 11 per cent said they had ever faked an illness to get out of work, something Thibert says shows the busiest Canadians are often indeed the hardest workers.

"These people that find themselves in that 34 per cent, they have a great work ethic. They are amazing people and there are a lot of employers out there who want to hire people like them," he said.

The poll also found that the people most likely to feel swamped by their work schedules were people with a Grade 12 education or less. Thibert suggests that for people who are working harder than they feel they're getting credit or financial reward for, it might be time to consider retraining or upgrading their skills for a better career.

"I encourage people to be career-focused. That offers a greater work-life balance because people see themselves moving along within an organization, taking on more responsibilities and growing. Look at a career that's going to allow you to grow," he said.

Look at a career that's going to allow you to grow."
Everest Colleges's Don Thibert

If you're feeling torn asunder by work obligations, Thibert suggests making sure to still prepare some important downtime so that you don't burn out.

"We can't just wait till the end of the week to see if we have time to do things we enjoy — set aside that time in advance," Thibert said.

DURHAM COLLEGE SUCCESS MATTERS
CONTINUING EDUCATION
Science of Beauty
Canada's only
Cosmetic Science Certificate
There are more opportunities today than ever before within the cosmetic industry.
With your prior knowledge in chemistry, science and math this certificate will help you attain much needed hands on skills.
Classes starting now.
www.durhamcollege.ca/coned

Be Job Ready in months, not years!
Earn your professional Diploma!
Evergreen College
Second Career, EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about Bonus Certifications
Field Placement & Job Assistance included
Call Now!
www.evergreencollege.ca
Toronto Downtown Campus 416.365.0505 67 Yonge Street 4th Floor (King & Yonge)
Mississauga Campus 905.566.0507 Unit 201, 1140 Burnhamthorpe Rd. W.

HERZING COLLEGE
Earn a diploma in one year or less and start your career in:
Paralegal
Legal Assistant
Law Clerk
or Police Foundations
Classes Forming NOW!
1-888-NEW-CAREER
1-888-(639-2273)
www.herzing.edu Toronto Eaton Centre Campus

Serve and Protect Your Community
Police Foundations
Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.
To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.
Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,
For an exciting career in any of these fields call:
1-888-639-2273

Mount Royal now a university
The Alberta government announced last week that Mount Royal College will now be known as Mount Royal University. METRO NEWS SERVICES

Painting the sky with a bang

Fireworks expert enjoys the explosive applause as well as the actual explosions

OddJobs

Diane Peters

Metronews.ca/oddjobs

PHOTOS SUBMITTED

Seen here is the result of David Whysall's work going off with a bang.

If you saw some great fireworks this past weekend — the kind that light up the sky with a rainbow of colours, and do so in synch with the music — maybe it's because someone like David Whysall is at the control panel.

Whysall, now 65, has been tinkering with explosives since he was a young man growing up near Nottingham, U.K.

There was a fireworks factory in town, one of the few employers around. Whysall was a whiz at chemistry and got a job there after he finished school.

"It was just a job. But when the manufacturing and the creativity got together, then it started to be exciting."

In 1982, he got a job with a fireworks company in Ontario, so he emigrated. That job actually fell through, so he created his own company to design, make and sell fireworks (wholesale, not directly to consumers) and to mount fireworks shows. He briefly manufactured his own fireworks, but eventually moved that side of his business to China.

Back when he did a lot of lab work — at his first employer and in the earlier days of his company — Whysall spent a lot of time testing the powdered chemicals he worked with to make sure they were up to grade and had the right amount of moisture content.

He also experimented with different combinations of chemicals to get the right blend of colour, effect and bang. Once he'd created the mix, he'd go outside and set it off.

Now, the Chinese factory uses the recipes Whysall created long ago for his products. Today, he spends his time dealing with paperwork and legalities (fireworks are very heavily regulated in Canada), visiting the factory in China, choreographing displays and booking fireworks shows.

For those big events, he does the choreography on a computer. "We sit at a computer for an hour for every minute of display," he says. Using special software, his design then helps trigger the fireworks themselves at events.

He uses trained staff to help set up the fireworks at shows. That also takes a lot of time: about three days using a dozen staff members for a big display at Ontario Place, for instance.

It's worth the effort: Whysall loves the applause and his shows have won awards. "There is something that makes my shows better than a lot of people's, but I don't know what it is."

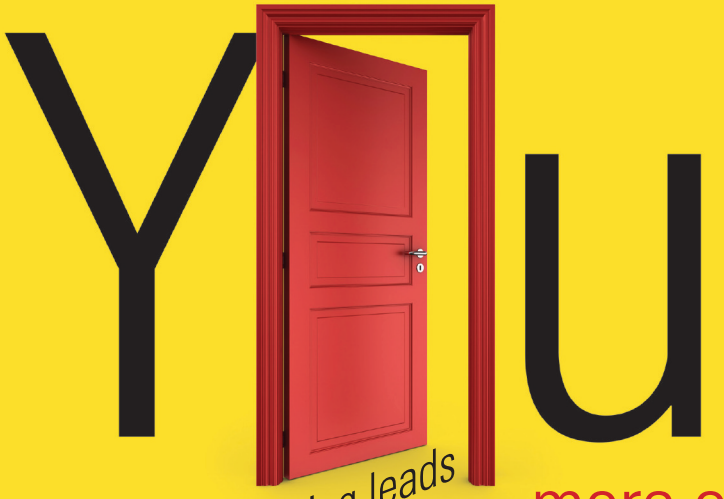
The Lowdown

Job title: Fireworks expert
Salary: An apprentice makes about $150 a day, a trained technician $200 to $300 a day
Education/training: Safety course through the government, the actual skills are learned on the job
Best Part of the Job: "The applause and the cheering and the honking of horns after a show."
Worst Part of the Job: "It really is hard work. We sometimes work all day and all night and get very little sleep."

"There is something that makes my shows better than a lot of people's, but I don't know what it is."
Fireworks expert David Whysall

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Register now! Classes start September 12, 2009.



Take your career wherever you want it to go. The G. Raymond Chang School of Continuing Education at Ryerson University offers courses and programs for adult learners. You can acquire the skills and credentials you need to get your career moving in the right direction. From university degree and certificate credit courses to professional accreditation, you can choose in-class or online options that fit your schedule. Just contact us for more information. Then get yourself enrolled—and start opening doors to more career opportunities.

• Business, Management, and Economics • Communication and Media
• Community Health and Well-being • Computer and Information Technology
• Design • Gateway for International Professionals • Law and Government
• Languages • Liberal Arts • Science and Engineering • Programs for 50+

know where learning leads

more opportunities for you

THE CHANG SCHOOL
RYERSON UNIVERSITY
CONTINUING EDUCATION
Where Learning Leads®

The G. Raymond Chang School of Continuing Education
416.979.5035 ce@ryerson.ca www.ryerson.ca/ce

Schools getting younger
According to Statistics Canada data released last week, the average age of the country's elementary and secondary schools, as well as colleges and universities, was an estimated 20.1 years in 2008, dropping from the peak of 21.3 years recorded in 2000. METRO NEWS SERVICES

Service aims to build professionals

WhyHire.me helps students grow an online presence and personal brand

Select students at three post-secondary schools will soon have an extra digital component to their studies — they'll learn how to build a professional online presence by melding their education, work and life experiences with social media.

This fall, Algonquin College and Carleton University in Ottawa and Toronto's Centennial College are incorporating WhyHire.me as part of the curriculum in certain business classes.

The program, co-founded by Ottawa couple Andy and Patti Church, and Rob Saric, integrates coaching, branding techniques and social media tools to help students establish their online presence.

Part of that entails taking the traditional resumé and giving it a digital makeover. WhyHire.me allows users to integrate blogs, photos, videos, news feeds and Twitter along with their online resumés on one interface.

As an instructor at Algonquin, Patti Church said she saw there was a need to help students branch out beyond crafting portfolios and resumés. Part of that included adding technology.

"I was in a first-year marketing class teaching them about positioning products and services, and then basically looked at them and said: 'You know, you have an opportunity to position yourself strategically over the next three years or you can sit back passively and assume the paper's going to do the work for you,'" she said in an interview with Andy during a recent Toronto visit.

"The reality is the market's changed and you need to think more strategically."

The program includes eight hours of instruction that can be led by an instructor in-class or taken online. It covers what are described as the four Ds of personal branding: Dig Deep, Declare your Brand, Display Yourself and Deploy Your Brand. All the educational material is in digital format.

FRED CHARTRAND/THE CANADIAN PRESS

Andy Church and his wife Patti, shown at Algonquin College in Ottawa, are founders of WhyHire.me, an instructor-led program that is helping students to create an online profile.

Helping to determine their personal brand involves having students analyze their strengths, achievements, passions and interests, said Patti Church.

"They have to ask themselves the questions and take the initiative to dig into 'What makes me tick? What is it that gets me going?'" she said. "From there we add, 'Well, now that you've done the research on yourself then how are you going to put yourself out there?'"

Regardless of what their future career will be, students have an opportunity to show initiative, demonstrate passion and leadership by having an online presence, following industry topics and commenting on them, said Andy Church.

In the context of being in school, that could involve blogging about projects they've done, he added, something he realizes for many students is "a big jump."

"(Students) still think the old way, it's a means to get an A or a B plus. They don't look at it as an opportunity to create a digital asset," he said.

"We envision the 21st century student as being someone who understands how to research using the web, how to drive agendas," he added. "Whether you're in policy or you're in marketing, we see this is as a foundation set of skills."

For $29, students can set up an account. Once in the system, they can access an e-book that covers the learning modules, and get access to presentation slides. The fee also includes hosting their profiles on WhyHire.me for 12 months.

Students are able to work privately on their profiles before opting to post them. Like Facebook, the site can be accessed anywhere, and has security settings that can allow only specified contacts to view their pages.

While both Centennial College and Carleton's Sprott School of Business will be involved in trials of WhyHire.me, Algonquin is expanding to a larger rollout after piloting the program earlier this year.

"The reality is the market's changed and you need to think more strategically."
WhyHire.me co-founder Patti Church

Recent graduate Sarah Ormon was among the students involved in the pilot, and admits to some initial resistance. A job interview last winter where she was asked what she knew about blogging and Twitter helped lead to a change of heart.

"Up until that point it had kind of been a hypothetical," said the 28-year-old. "That's when the little green light went off in my head like, 'I better get on this.'" THE CANADIAN PRESS

THE GOLD STANDARD...
With more graduates in leading positions, Trebas Institute is the only college with multiple GRAMMY® Award winners including this year's "Album of the Year" and "Record of the Year" for recording Robert Plant and Alison Krauss' "Raising Sand" album. Trebas sets the gold standard for achievement in Film & Television Production, Audio Engeneering and Entertainment Management education.
OPEN HOUSE Wednesday September 9th
READY FOR THE RED CARPET?
JOIN THE ELITE TEAM AT TREBAS
INSTITUT TREBAS INSTITUTE
R.S.V.P: 416-966-3066
trebas.com
COLLEGE TRAINING SINCE 1979
2340 Dundas Street West, Toronto
Dundas W.

ADVENTURE!
Teach English Overseas
TESOL Certified in 5-Days
In-Class or Online NO DEGREE REQUIRED!
1-888-270-2941
Free Info Seminar Every Mon @ 7pm
Job Guaranteed
#209, 101 Spadina Ave. (Spadina & Adelaide)
globaltesol.com
GLOBAL TESOL COLLEGE

Career Finder

GREAT JOB OPPORTUNITIES
• No experience necessary
• Average $800/week
416.218.0000

EARN UP TO $16/HR
✓ Guaranteed base salary of $11 - $13/hr
✓ Competitive bonus structure & incentives
✓ Monthly transportation allowance up to $100
✓ AM/PM Flexible shifts
✓ Great location – Yonge & Sheppard
smt direct
Call TODAY! 416.849.0960
(9am – 9pm) hr@smtdirect.com

GREAT SUMMER JOBS
• No experience necessary
• Average $800/week
416.218.0000

SCHEDULERS REQUIRED
$18.00 PER HOUR AVG.
Full training provided.
For Application Procedure,
CALL 416 640-2105

NOW HIRING
If you are energetic, self-motivated and want a challenging role that offers training & development with an opportunity for growth. The best call centre in Toronto is just steps from Union Station and has many full-time & part-time telesales opportunities as a
Customer Contact Agent
Call us now to apply by phone:
416-581-8720
Or visit us at: www.optima.net
OPTIMA Four Walls. No Ceiling.

JOIN metro life panel
Give us your opinion on various topics and enter for your chance to WIN great monthly prizes.
Become a member today! metrolifepanel.ca

COME AND SPEND THE YEAR WITH US IN FRENCH!
• French language classes for adults & kids
• Summer camps for children & teenagers
• Cultural & social activities throughout the year
• Adult classes start on Sept. 14th and 15th!
• Children & teen classes start on Sept. 19th!
• AFT Open House:
-Sept. 10th (Downtown Toronto & Mississauga campuses) from 4:00 to 9:00PM
-Sept. 12th (North York campus) from 1:00 to 5:00PM
French. Universally Spoken. Truly Canadian.
Alliance Française
CANADA TORONTO
TORONTO 416.922.2014
MISSISSAUGA 905.272.4444
NORTH YORK 416.221.4684
www.alliance-francaise.ca

Montreal universities join program encouraging youth to stay in school
Youth Fusion, a non-profit organization that establishes partnerships between high schools and universities in a bid to counter high school dropout rates, announced last week that Montreal's four universities will take part in its 2009-10 program. METRO NEWS SERVICES

Canadians feeling safer about their jobs

Nearly half of Canadian workers feel safe in their jobs as the country begins to slowly recover from one of the worst recessions in history, a new poll suggests.

The Labour Day poll commissioned by online job search firm monster.ca shows 46 per cent of Canadian workers feel they have more job security today than they did a year ago.

The feeling increased among public sector workers, with 53 per cent feeling secure with their employment compared with 42 per cent of private sector workers.

The survey of about 1,000 Canadians conducted by the Harris-Decima polling company, showed that 38 per cent of all workers felt less secure in their current employment compared to this time last year, when the economy was starting to weaken ahead of the recession, which began in the 2008 October-December quarter.

"Although we've seen daily reports of layoffs and plant closures, Canadians are feeling pretty good about how they make a living." Monster Manager Peter Gilfillan

The survey, conducted in mid-August, also found that 88 per cent of Canadians were satisfied with their current job situation.

"Although we've seen daily reports of layoffs and plant closures, Canadians are feeling pretty good about how they make a living," said Peter Gilfillan, general manager of Monster Canada. "Anxiety levels seem to be going down, and that's really encouraging."

Besides providing fresh data on Canadian attitudes, such surveys are a popular promotional tool for Canadian companies, who use public opinion polls to gauge consumer thinking and to promote specific brands to ordinary Canadians. Banks and mutual fund companies have long used such surveys to make consumers aware of financial products and services.

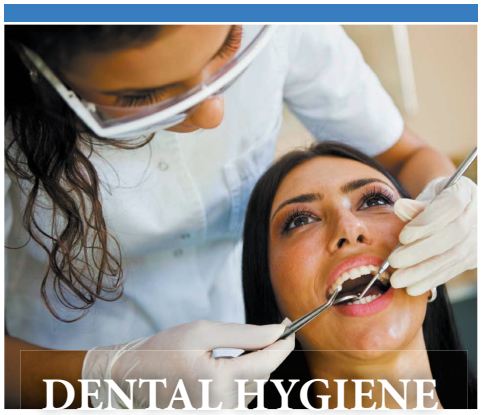
Monster Canada spokesman Robert Waghorn said some workers may feel confident their job is secure because the company has already made any necessary cuts.

"Maybe their companies are so thin that people feel secure in their current positions," he said.

THE CANADIAN PRESS

Prairie success

- Canadians living in Manitoba and Saskatchewan were the most secure in their jobs compared to the rest of the country, which is not surprising given that the recession was less severe in those provinces.



Enjoy a rewarding, stable career as a Dental Hygienist. Real-life clinical experiences complement the academic theoretical portion of RCC's Dental Hygiene program. Probe into a career that's got bite.

RCC Institute of Technology
Division of Yorkville University, NB

1835 Yonge Street. Toronto. ON. M4S 1X8. At Davisville subway.

Call today **416 929-0121** or visit **www.rccit.ca** for more info.

CAREER TRAINING

EDUCATION
GRADUATE AND BE JOB READY IN LESS THAN 1 YEAR!*

Everest
COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Call Now For More Information!
1-866-839-7621
www.EverestToday.ca

No diploma or GED? Career training could be your answer to success.**

Offering Career Training in:
Business • Technology • HealthCare

10 Convenient Locations:
Barrie • Brampton • Hamilton Mountain
Hamilton City Centre • Mississauga • Newmarket • North York
Scarborough • Toronto Central • Toronto College Park

- Now expanding program offerings at all campuses.
- Career services assistance available
- Financial assistance may be available for those who qualify

*Some programs longer than one year
**Some programs require 12 credits as prerequisites.

Technical Certification Training for IT Careers
CISCO Networking Academy
CompTIA
Microsoft IT Academy Program Member
Membership may not be applicable to all programs at all campuses.

NPTPUB1M

Our resident experts say it best.

"Ross gives you the tools to pursue your dreams. It definitely wouldn't have happened without Ross."
– Matthew Dashnaw, MD '09
Neurosurgery Resident

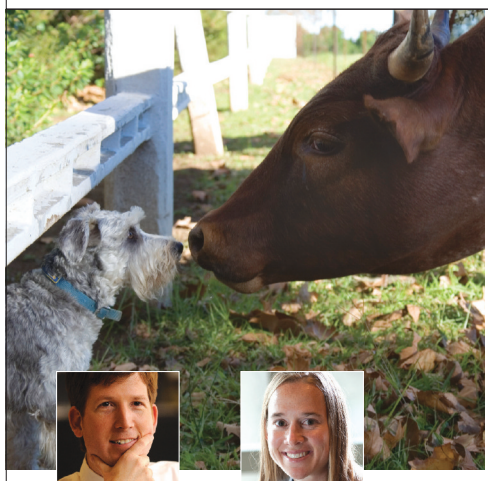
"I am who I am today because of Ross University. I'm a doctor, I attained the residency I wanted, and I made friends for a lifetime."
– Paola Portela, MD '07
Pediatrics Resident

"Ross University was the only medical school I applied to. It has a great track record and I'm just one of thousands of success stories."
– Armin Kamyab, MD '08
Surgery Resident

- We place more graduates into U.S. residencies annually than any other medical school in the world
- All clinical rotations are completed in the U.S. at nearly 70 top teaching hospitals
- Students spend 16 months at our technologically advanced campus in Dominica
- Alumni network of over 7,000 successful physicians practicing throughout Canada and the U.S.

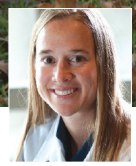
For details visit RossU.edu or call 877-ROSS-EDU.

ROSS UNIVERSITY
EST 1978
School of Medicine



Whether it's canine, feline, equine or bovine, Ross vets are ready.

"Ross gave me the opportunity to pursue the profession I have always dreamed of. It was an experience I'll never forget."
– Michael Higgins, DVM '01
Veterinary Neurologist



"The dedicated professors shape students into compassionate alumni who become excellent ambassadors to the veterinary profession."
– Diane Kaeser, DVM '06
Exotics/Small Animal

- We place more veterinarians into U.S. practices annually than any school in the world
- Clinical rotations completed at U.S. veterinary schools affiliated with Ross
- Rigorous, hands-on curriculum at our technologically advanced campus in St. Kitts
- Network of over 2,300 alumni practicing throughout Canada and the U.S.

For details visit RossU.edu or call 877-ROSS-EDU.

ROSS UNIVERSITY
EST 1978
School of Veterinary Medicine

Attend our Information Seminar
Saturday, Sept. 12, 2009
Medical Seminar 2 pm • Veterinary Seminar 10 am
Hotel Novotel Toronto North York
Register online at RossU.edu

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

New season, new plan

September is a great time to get serious about fitness

CELIA MILNE
For Metro Canada

Phew! Now that the kids are back at school and the end-of-summer chaos is over, it's time for your fall routine to settle in. For optimal health, that routine should include outdoor exercise.

September is a great time to get serious about fitness, says Sandra Banks, a certified personal trainer in Vancouver.

"As the summer barbeques and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."

As a bootcamp instructor, Banks often gets new clients out to her class in the fall. It's a time of great beginnings. If you are keen to start an exercise program, but are worried about motivation, here are some tips from Banks:

• Put it in writing: If you write it on your calendar and make it part of your regular schedule, you are less likely to skip out on a workout just because you're feeling a little tired.

• Try something new: Take a chance and sign up for something you've never tried before. For example, you could join an ultimate frisbee league or take rollerblading lessons. You'll be so busy learning new skills that you'll forget that you're doing exercise!

ISTOCK PHOTO

Try something new with your fitness routine like rollerblading or join an ultimate frisbee league.

"As the summer barbeques and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."
Sandra Banks, certified personal trainer

• Power in numbers: Sign up for a bootcamp or join a run/walk clinic. Or, better yet, recruit some friends and start your own outdoor exercise group. If you're meeting friends, you'll look forward to working out, and even if you've had a long day, you'll show up because you won't want to let them down.

The benefit of walking or running with friends is bolstered by doing some resistance training and stretching afterwards. The old standbys – push ups, sit ups and squats – are good. If you haven't done these in a while, here are two beginner bootcamp exercises Banks suggests. No equipment is needed — just a park bench:

1) Bench Squat – Stand in front of the bench facing away from it and start to sit down. Just before your rear end touches the bench, stop and hold for a count of five, then stand up. Repeat 20 times.

2) Bench Push Up – Face the bench. Put your hands on the seat (difficult) or the back (easy) of the bench. Keeping your abs tight and your hips and back straight, bend your elbows to 90 degrees, hold for a count, and then straighten your arms. Your wrists should be in line with your shoulders throughout the movement. Repeat 10 times.

LOSE WEIGHT
REFORM YOUR BODY
• 10+lbs or 6+inches/15 Sessions •
Using Acupuncture & Massage Only
Effective Miraculous Unique
1. Assigned parts of the body can be reformed eg; contraction of the abdomen or jaw.
2. It's not "the hunger-cure." No anorexia, diarrhea or asthenia. No change in diet!
3. Effective, quick, long term results. No relapse.
4. Plans for different cases tailored especially for you.
Fine therapies also available for smoking cessation, and pain relief from shoulder, neck, back or waist pain, repetitive strain injury, muscle stiffness or numbness, headaches, etc.
Medical Insurance Accepted
Tel: 647.347.5591/647.348.0882 • Email: info@leesclinics.com
360 Bloor St.W., Suite 412 @ Spadina Ave. (Spadina Subway Stn)
NEW: 5511 Yonge St., 2nd Floor, Unit A @Finch Ave. (Finch Subway Stn)
Mon. - Sat. 10 am - 7 pm • www.leesclinics.com

Health in brief

NUTRITION If the scale isn't budging despite exercise, it could be because you're burning off calories from sugar instead of from body fat. A low-glycemic index (GI) snack or light meal before a workout helps metabolize fat, shows a study in The Journal of Nutrition. The GI—created in 1981 at the University of Toronto—ranks carbs between zero and 100 based on their effect on blood glucose. Anything under 55 is low. (In this recipe, the GI is included for each ingredient.) Blend the following:

• 1/2 apple, peeled, cored and chopped (39)
• 1/2 peach, peeled, pitted and chopped (28)
• 1/2 cup (125 mL) ice (0)
• 1/4 cup (50 mL) ready-to-eat muesli (66)
• 1/2 cup (125 mL) skim milk (32)
• 1/2 cup (125 mL) low-fat plain yogurt (14)

BEST HEALTH MAGAZINE

ISTOCK PHOTO

After suffering a sports-related injury, physiotherapy, massage and acupuncture are great places to start the healing process.

On the sidelines: Tips for dealing with a sports injury

DENISE SURETTE
For Metro Canada

Whether you're a beer league softball player or a marathon runner, sports injuries can be painful, debilitating and frustrating.

Although prevention is always the best medicine, there is some advice to keep in mind, in case you find yourself on the injury list.

"Stick to your physiotherapy," are words of wisdom from Lauren Bird, who plays baseball and dodge ball in Toronto year-round. After spending eight months in recovery from a torn ACL ligament (an important knee ligament), she said although it was frustrating, it won't stop her from playing sports.

Injury types

Sports injuries are divided into two types:
• Overuse – excessive wear and tear on muscles and joints.
• Acute – an injury that can happen in seconds, such as a broken bone or a strain.

It's this gritty attitude that motivates many athletes to keep enjoying their favourite sports, even after a physical set back. But knowing what to do when injury strikes can help you get back on the field quicker.

Lindsay Davey, a registered physiotherapist at Toronto Physiotherapy, says icing an acute injury will help, and warns not to rush back into your activities right away.

"Ice is the best remedy for any 'new' pain or swelling that occurs with injury," says Davey. "It's not wise to push through pain when rehabilitating from an injury."

Davey also says to remember the acronym R.I.C.E., which stands for "Rest, Ice, Compression, Elevation." This standard set of injury rules will help with pain, swelling and further injury, until you can see a doctor.

After a medical assessment, it's a good idea to look into alternative measures to help speed the healing along. Physiotherapy, massage and acupuncture are great places to start the healing process.

Warming up before starting any physical activity is a good idea to avoid straining muscles. "A light jog for five minutes is a good place to start," says Davey. "Stretching should only occur once muscles are sufficiently warmed up, and is most effective after the activity, during the cool-down phase."

Although an injury can be quite painful, sometimes the worst pain is mental. The frustration of sitting on the sidelines and working yourself back into the game can be tough.

After a torn ACL, Bird endured another injury, breaking her humerus bone while throwing a dodge ball, and will be taking the summer and winter seasons off until she's healed.

"I am cautious going forward," says Bird. "Especially in the beginning, until your mind realizes the injury isn't going to happen again. You have to work yourself back into it."

No more 'male portions'

Weight loss approach is different for men, says author

BRIAN COULTON
For Metro Canada

So, what'll it be? Steak or salad? For the majority of men, when it boils down to a meal of fatty flesh or fresh leaves, such a choice doesn't require much thought.

But the boys aren't to be blamed for their less-than-nutritious food choices, says Toronto-based Harvey Brooker. He's the author of It's Different for Men, a male-specific guide to weight loss, who believes the chief difference between sexes when considering nutrition is that men don't understand what they eat, simply because they've never had to.

"Whatever's been served to them, they've eaten," he says. "Their mothers, wives and people in restaurants served them. They don't know or often even realize the things they're eating are so full of fat and nutritionless."

Edible ignorance, paired with long-held notions of "male portions" (we're looking at you Hungry-Man) contribute to the perpetuated disinterest in what men put into their bodies, says Brooker. And with 65 per cent of Canadian males over age 18 falling into the categories "overweight" and "obese" (compared to 54 per cent of women) in the most recent Canadian Community Health Survey on nutrition, it's a feasible philosophy.

Edible ignorance, paired with long-held notions of "male portions" contribute to the disinterest in what men put into their bodies, says It's Different for Men author Harvey Brooker.

However, men can lose the stereotype, and the weight, but Brooker says they must be motivated, and willing to pursue education to learn about healthy foods and activities. "Most men don't get that kind of training or are aware they even need it," he says.

To start, Brooker suggests creating a journal of every food you consume. "You have to be aware of what you're eating," he says. "A guy will go into a restaurant and order a caesar salad and won't understand it's probably 80 calories of lettuce leaves and 1,800 calories worth of fat. Today, it's real easy to buy a calorie book or go online to one of many calorie counting websites that will help you with this."

Rethinking food isn't the only change men need make in order for their bodies to. Brooker says they also need to understand what really constitutes exercise. "The type of exercise guys often do will be some start-and-stop exercises that might seem, on the surface, to give them a good workout. But it often isn't frequent." That means just joining a gym or playing social sports won't cut it, he says. "Golfers often don't get much of a workout. They sit on a cart."

"Most men get themselves into this funk, where they almost believe there's some predestiny for them to be an overweight, unhealthy and unhappy guy."
Harvey Brooker, Toronto-based author

Although it can be difficult to make such drastic changes to physical activity, Brooker says the wellness acquired permeates every aspect of life, not just the body.

"Most men get themselves into this funk, where they almost believe there's some predestiny for them to be an overweight, unhealthy and unhappy guy," he says. "You can, in fact, bail yourself out of this and do what's necessary to give yourself a healthier future."

We need our carbs

A recent study found that diets low in carbohydrates could have adverse cardiovascular effects.

NUTRITION Diets that are low in carbohydrates such as rice, bread, pasta and potatoes can be bad for your heart.

That news comes from researchers at the Beth Israel Deaconess Medical Center, which is part of Harvard Medical School in Boston. Although the study was done in mice, the findings were powerful enough that the lead researcher, Dr. Anthony Rosenzweig, abruptly stopped following the low-carb diet he was on.

These diets, the most famous of which is probably the Atkins diet, preach eating lots of protein such as meat, fish, eggs and cheese, even if these are high-fat foods. The mice in the study were fed either a standard mouse diet, a Western diet high in fat, or a low-carb, high-protein diet. After 12 weeks, the mice who ate the low-carb diet had gained less weight but had developed 15 per cent more atherosclerosis — a build-up of plaque in the arteries — than those on the standard mouse food. The Western diet group had nine per cent more atherosclerosis.

"Our research suggests that, at least in animals, these diets could be having adverse cardiovascular effects," says Rosenzweig. "It appears that a moderate and balanced diet, coupled with regular exercise, is probably best for most people."

The study was published in the Proceedings of the National Academy of Sciences.

CELIA MILNE/
FOR METRO CANADA

Beauty in brief

STORE OPENING Shoppers Drug Mart opened its first Murale store (murale.co) in Toronto on Friday. The retail beauty store, located in the Shops at Don Mills, features luxury, dermatological, fragrance and niche brands from around the world. In addition, the store will offer expert consultation and advice and services including a Benefit Brow Bar and a menu of more than 30 professional beauty and spa services available in the private cabine adjacent to the dermatological area. Metro will take you on a virtual shopping spree of Murale in next Tuesday's paper.

METRO NEWS SERVICE

Stress can make your middle expand, says study

CELIA MILNE
For Metro Canada

Social stress can make you fat around the middle. And fat at your tummy puts you at greater risk of heart attack.

That is the conclusion of an animal study that appeared in a recent issue of Obesity, the peer-reviewed journal of the Obesity Society.

Female monkeys were fed a Western-style diet containing fat and cholesterol. Over time, the monkeys who were lower down in the social order tended to develop more fat around the middle than the more dominant monkeys. Researchers at Wake Forest University school of medicine in Winston-Salem, N.C., found that the more socially isolated monkeys released stress hormones that promote deposits of fat around the abdomen. This kind of fat promotes atherosclerosis, the buildup of plaque in the blood vessels.

Females are naturally more protected against heart disease than men, typically developing heart disease 10 years later than males. But that protection is lost when stress and tummy fat increase.

The study's results reinforce basic health advice: watch what you eat, exercise regularly, and try to manage the stress in your life.

Clean Slate Beauty
Laser hair removal specialists
Fall 2009 Promotion – First Treatments:
Upper back (with shoulders) $150
Underarms $60
Save even more with a package!
Get ready for next summer now that your tan is fading.
We use GentleLASE, a real laser – not IPL!
Call for a free consultation
(416) 585-2222 • www.cleanslatebeauty.com
Chinatown Centre • 222 Spadina Ave • Unit 261

UNIHEALTH GROUP
Established 1995
Celebrating Unihealth's 14th Anniversary
INTRO OFFER
MASSAGE or ACUPUNCTURE
Pain Relief • Deep Tissue Therapy • Stress Relief
$30 One Hour Massage OR One Acupuncture session
First time visitors only. GST not included. Offers expires September 21, 2009. $30 Massage/Acupuncture Promo not applicable to Registered Massage Therapy.
Registered Massage Therapy Extended Health Plans Accepted
Call for introductory price for RMT
Downtown Toronto
208-1033 Bay St. (Bay & St. Joseph)
416.920.3232
OPEN MON — SAT
tor@unihealth.ca
Etobicoke
14 Burnhamthrope Rd. (Burnhamthrope & Dundas West)
416.236.7288
OPEN TUE — SUN
etb@unihealth.ca
North York
206-170 The Donway W
416.391.5822
OPEN MON — SAT
nyk@unihealth.ca
YOGA
Unlimited Yoga $60/mo.
2 For 1* $10 First Class Trial; the Second Class FREE.
* Regular Drop-in Yoga Class $15. GST not included. Certified Yoga Teachers.
ACUYOGA® THERAPEUTIC YOGA Now Available
www.unihealth.ca Vancouver . Calgary . Toronto info@unihealth.ca

Why spend more?
GET THE BEST RATES IN TORONTO!
Laser Hair Removal
Full Leg $125 Back/Chest $150
Full Arms $75 Bikini $50
Face $50 Underarms $30
Whole Body $300
Anti Aging Services
Photofacial $150
Skin Tightening $250
Skin Resurfacing $300
Spider Veins (also being done)
Green Peel
ASK ABOUT OUR INCREDIBLE MEMBERSHIP OFFERS!
We are on facebook!
Pigmented Lesions • Permanent Hair Reduction • Rosacea
FK Laser & Anti Aging
Call: 416.432.9134 or 416.730.8035 | www.fklaser.com
147 Finch Ave. W BRING THIS AD WITH YOU AND RECEIVE A SPECIAL OFFER!
Summer deals available

BIKRAM YOGA BLOOR
$10 FOR 10 DAYS!
UNLIMITED YOGA FOR TEN CONSECUTIVE DAYS!
BACK TO SCHOOL SPECIAL TO SHARPEN YOUR MIND, BODY AND SOUL
208 BLOOR ST. W · 416-691-7575
BIKRAMYOGATORONTO.COM

Actor Ali Larter (centre) plays a woman who tries to pursue another woman's husband in the thriller Obsessed.

Forbidden fruit

Single women prefer their men attached: Study

The J Spot

I've always had unwritten rules about who you should and shouldn't date. Friends' exes are out, for example. So is asking someone out when you know a girlfriend is already interested in him.

Hitting on a girlfriend's guy when they are already dating is definitely out.

In fact, in my books, hitting on any guy who's already attached or married even if you're not friends with his partner is a no-no. It's just bad karma.

But it seems karma is no match for biology. Ninety per cent of the single women in an Oklahoma State University study on "mate poaching" were more interested in dating a man who was already in a relationship than a single man.

Past psychological studies have shown that some women may try to lure a man away from his current partner, a phenomenon known as "mate poaching." One 2004 study published in the Journal of Personality and Social Psychology suggested that as many as one in five long-term relationships began when one or both partners was already in a relationship with someone else.

But this new study, published in the current issue of the Journal of Experimental Social Psychology, shows that most single women actually prefer men who are already in a committed relationship.

Men and women were matched with students based on a description of their ideal romantic partner. When researchers described the women's match as single, 59 per cent of the single women in the study were interested in pursuing him. However, when they described the exact same man as being in a committed relationship, 90 per cent of the women were interested. Neither the men nor the already attached women who participated showed this preference.

Dr. Melissa Burkley, an assistant professor of social psychology at Oklahoma State University and one of the researchers behind the study, suggests that the reason behind this is that single women are more interested in pursuing unavailable men possibly because they are more interested in a guy who's already shown he can commit by being in another relationship, indicating he'd be a reliable mating partner.

Of course, the study doesn't show that, if you pursue the committed man and he goes for it, he's also clearly capable of breaking that commitment and cheating.

• Would you pursue someone you knew was already attached? Post your answers in the comments section of The J Spot column online at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Scientists have found that candles made from paraffin wax can emit pollutants into the air.

Forget candle lit dinners

POLLUTANTS Lovely, scented candles may get you in the mood, but they aren't healthy. That is the news from the recent American Chemical Society meeting in Washington, D.C. Scientists have found that candles made from paraffin wax can emit carcinogens and other pollutants into the air. Paraffin candles are the most common type, used for romantic ambiance, light and fragrance. While the occasional candle won't hurt you, regularly lighting up your entire room with candles might cause problems, say doctors Ruhullah Massoudi and Amid Hamidi from South Carolina State University. Candles made from beeswax or soy are healthier, they say.

CELIA MILNE/ FOR METRO CANADA

Do you suffer from sneezing, itchy and watery eyes brought on by cat allergies?

Cetero Research is seeking people suffering from allergies caused by cats to assess the effectiveness of an investigational study drug.

You may qualify to participate if you are between 18 and 65 years of age and can attend approximately 7 visits to our facility over a 5-month period.

Qualifying participants will be compensated up to $2000 upon study completion.

Call: 905-629-5777 or Toll Free: 1-888-274-5544
Regular hours of operation: Monday to Friday 9 am to 8 pm & Saturday 9 am to 5 pm
4520 Dixie Rd, Mississauga • www.cetero.com • www.allied-research.com

Cetero Research
Formerly Allied Research International
"Today's Research for Tomorrow's Healthcare"

Cadbury one for me

You could win† $100,000 for you.

one for you*

And $100,000 for the charity of your choice.‡

Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca

†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

Naturopathic Doctor treats Cholesterol & Blood Pressure Naturally.

Various vitamins, minerals and nutrients have been scientifically shown to safely improve cholesterol, blood pressure and other aspects of heart disease. Surprisingly, according to a study published in the January issue of the American Heart Journal, in 75% of those individuals who suffered a heart attack cholesterol levels where actually normal. As such, just lowering your cholesterol may not prevent a heart attack. So what causes plaque that leads to blocked arteries? According to a recent study from McMaster University, the most common dietary causes of plaque in the arteries are foods with a high glycemic index (sweets, white flour, etc.) and trans-fats. Sugar derived from foods with a high glycemic index makes the arteries sticky, allows plaque to develop, and helps to produce inflammation. These foods and other factors, such as toxins and infection can oxidize the artery, causing further damage. This can lead to a higher blood pressure. The good news is that the list of natural substances and herbs, that can help you with cholesterol, blood pressure,plaque and other aspects of heart disease, is long, it includes: Magnesium, vitamins C, D, E, B3, B6, B12, folic acid, beta carotenes, Hawthorn, co enzyme Q10, plant sterols, and more. Elie Klein, a doctor of naturopathic medicine, can help you make sense of all of this and provide you with an individualized treatment plan, which includes the specific nutrients you need in order to get better, feel better, and prevent arterial blockages, safely and naturally. In his treatment plan he often incorporates a natural formulation based on the research and a patent of Two-time Nobel Prize scientist Dr.Linus Pauling, for removing plaque from the arteries.

To book your appointment now or to get your questions answered call 416.222.1300. Visit fees range from $45 to $135 based on time spent with the patient and are reimbursed by most insurance plans.

Naturopathic doctors are considered primary health care providers in Ontario, with at least seven years of post secondary academic training, including four years of rigorous training in naturopathic medicine. Elie Klein ND, focuses on cardiovascular disease and associated conditions, including diabetes, arthritis and excess weight. You can also go to www.drkleinnd.com

Exercise: Just do it

Most don't need to consult doctor, says research

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

An Israeli study found that routine screening of people before they exercise decreases deaths only in those who are at intermediate or high risk for heart problems, not in people at low risk.

You hear it again and again: See your doctor before beginning an exercise program.

But new research out of Israel indicates most people should skip this stage and get out on the pavement, to the park, or to the gym as soon as possible.

"Medical screening before initiating regular exercise is often advised but without scientific basis," Dr. Mayer Brezis of Hadassah Hebrew University Medical Centre in Jerusalem, told Reuters Health.

Routinely screening people before they start exercising is designed to cut down on the rate of sudden deaths due to exercise. But these sudden deaths are extremely rare, says Brezis. Not only that, he says, but medical screening could cause damage. For one thing, it could label healthy people as sick (from false positives) and, for another, medical tests such as electrocardiograms sometimes have side effects. It also delays people from becoming physically active.

Brezis suggests that sedentary people start exercising as soon as possible to improve their health. Being physically active can help prevent obesity, diabetes, heart disease and some forms of cancer. Start small and build up to greater amounts. Go to a doctor if you feel dizziness or chest discomfort.

The Israeli study was a "simulation" to find out whether routine screening of people before they exercise decreases deaths. Researchers found it only has that effect in people who are at intermediate or high risk for heart problems, not in people at low risk. Those with known heart disease should definitely undertake to exercise under medical supervision, says Brezis.

The article was published in the August 2009 issue of the Journal of General Internal Medicine.

Tips on how to get started

Here are some tips adapted from the Canadian Cancer Society on beginning an exercise program:

- Start with easy exercises and gradually add intensity.
- Choose activities that are fun for you. You don't have to go to the gym to be active; you can walk, play or workout with family and friends.
- Make physical activity a priority that you can't miss.
- Keep a journal of your physical activity to track your progress.

CELIA MILNE/
FOR METRO CANADA

Are you a Healthy Person
between 18 and 55 years of age?
If so, we want to hear from you!

Apotex is currently recruiting healthy **men** and **women** to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $800 to $3900 depending on the length of the study

APOTEX
ADVANCING GENERICS

HELPING THE WOMEN OF
TODAY AND TOMORROW

WE ARE LOOKING FOR:

- MENOPAUSAL WOMEN
- 35 TO 65 YEARS OLD
- NON-SMOKERS

COMPENSATORY INDEMNITY UP TO $1,740

Anapharm sets the standard in offering high quality services in the clinical research field, all while ensuring the comfort, respect and safety of our volunteers.

To find out how to participate, please call us today. Our team of experts will help you find a study that's appropriate for you.

anapharm
a PharmaNet company

MONDAY TO FRIDAY: 8:00 AM TO 8:00 PM
SATURDAY: 10:00 AM TO 4:00 PM

CONTACT NUMBER: 1 866 ANAPHARM (1 866 262-7427)
WWW.ANAPHARM.COM

OUR CLINICAL FACILITY IS CONVENIENTLY LOCATED AT THE YORK MILLS SUBWAY STATION.

It works! It works! It works!
I lost 35 lbs!*
It works!

Phylicia Rashad

Jenny Craig works! I hit my goal and lost 35 pounds.*

My personal consultant, Laura, helped me stay motivated and taught me how to make healthier choices. Now I'm back in control and it feels great!

Call Jenny Today!
1-866-656-0973

Jenny Craig®

BEFORE

*Results not typical

Get a FREE Week of Jenny's Cuisine®†
when you join our newest program!
That's 7 Breakfasts, 7 Lunches, 7 Dinners and 7 Snacks — FREE!
†At participating centres. Cannot be combined with any other offer or discount. Full-priced Premium Program enrollment required. Restrictions apply.

17 GTA locations including centres in Vaughan, Markham, and Pickering

Keeping fit before and after baby

Low-impact exercise is good for pregnant women

DENISE SURETTE
For Metro Canada

Staying fit while you're pregnant, and losing weight after the baby comes, can seem like a daunting task.

But with a plan and some achievable goals to get you through your pregnancy, you can stay healthy and fit.

Exercise can be beneficial to any pregnancy as long as you listen to your body and your doctor.

Amanda Sparkes, a former spin class instructor and gym enthusiast from Dartmouth, N.S., found she was able to continue her regular activities until she was five and a half months into her pregnancy.

When she experienced dizziness serious enough to warrant a visit to the hospital, she had to change her exercise program. Sparkes says it was hard to accept that her body was encountering new limitations. "At that point I started walking. I went for walks until I was about seven months pregnant," says Sparkes.

But then the stress on her body forced her to stop for the remaining weeks of her pregnancy. The stress was brought on by the loosening of the ligaments in your hips, which is your body's way of assisting you for upcoming labour.

Daniela Freitas, clinic manager and treatment plan co-ordinator for Shape Health and Wellness Centres in Toronto, says that low-impact exercise is best for pregnant women, such as walking, swimming and using a stationnary bike.

"Regular, safe exercise will assist with all of the symptoms of pregnancy, as well as giving the woman the strength, endurance and stamina for the delivery process," says Freitas.

Once the baby comes is when most women find fitness becomes difficult. Sparkes says she tires more easily since the birth of her son in early June, and has found finding the time to go to the gym difficult with a newborn.

"Regular, safe exercise will assist with all of the symptoms of pregnancy, as well as giving the woman the strength and endurance ... for the delivery process."
Daniela Freitas, clinic manager at Shape Health and Wellness Centres

"I was in great shape before I got pregnant and now it feels like I have so far to go to get back there," says Sparkes.

Freitas says that a common mistake new moms make is to do too much, too fast. She says getting clearance from your doctor is important before you start a post-natal exercise program, and to give yourself at least four to six weeks of rest after birth.

She also says splitting up exercise into managable sections is important for new moms, because time can be hard to find. Breaking up 20 minute sections throughout the day for exercise can be helpful.

"The most important factor is that the exercise is both feasible and enjoyable, while still increasing your heart rate," says Freitas. "Increasing your motivation and desire to stick with your new routine."

Sparkes is taking things slow with long afternoon walks as she finds her way back to her former self, but stays positive about her journey.

"Breast feeding is the best way to help bring your body back into pre-pregnancy shape," says Sparkes. "Add a little exercise and I'll be back in shape in no time."

Give yourself at least four to six week of rest after the birth of your child before starting a post-natal exercise program.

Kendle
Real people. Real results.®

Healthy Men and Women who have recreational drug experience with depressants are needed to participate in a clinical research study

If you are between the ages of 18 and 55 and and have recreational drug experience with downers, barbiturates, benzodiazepines, roofies, GHB or cannabis, contact us today to see if you qualify.

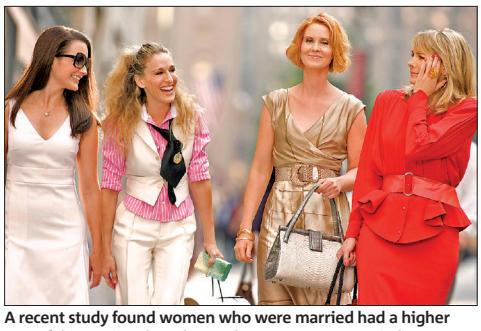
720 King Street West
7th Floor (NORTH ELEVATORS)
416.640.4004
1.866.222.8063
studies4u.com

Financial Compensation for Participation

Being single rocks?

Dissatisfied married women likely depressed

CELIA MILNE
For Metro Canada



A recent study found women who were married had a higher rate of depression than those who were never married.

MARRIAGE A study in Winnipeg hints that while married men are happier than unmarried men, the same is not necessarily true for women.

For the study, doctors. Philip St. John and Patrick Montgomery used a sample population of 1,751 people aged 65 or over. These people were asked about their marital status and whether they suffered from symptoms of depression. Those who had a partner were also asked to rate their relationship on a scale from "terrible" to "delightful."

Perhaps not surprisingly, men and women who were dissatisfied with their marriage were much more likely to have signs of depression (38 per cent in men and 42 per cent in women) than those who were happy in their marriage (seven per cent in men and 14 per cent in women).

The less-predictable result was that men who were never married had higher rates of depression than men who were married, but in women the opposite was true: women who were married had a higher rate of depression than those who were never married. "Perhaps we were a little more surprised than our wives!" joked St. John, associate professor of medicine at the Centre on Aging at the University of Manitoba in Winnipeg.

Results don't mean that marriage is, by definition, miserable for women and happy for men. Differences may have more to do with the types of people who do or don't get married.

"The unmarried women, in particular, were very highly educated," says St. John. "They may have gone on to careers which may have been beneficial for mood." On the other hand, men who remained unmarried "may have other issues which impeded marriagiability and predisposed to depression."

MEN & WOMEN NEEDED

We are looking for healthy volunteers to participate in clinical studies

You may be financially compensated up to $2500 upon completion of the study

If you are 18 to 55 years old and want to see if you qualify please contact us

416.759.5554
1.866.759.5554
www.pharmamedica.com

PHARMA MEDICA RESEARCH INC.

NEW NORDIC
www.newnordic.ca

I felt my stomach was going to explode!

Jane started having stomach troubles a few years back and was eventually treated with antibiotics. After this her real problems began!

"It started little by little. At first, I thought maybe it was a food I couldn't tolerate. But eventually, no matter what I ate, the problem occurred. My stomach would get really bloated and I would have embarrassing flatulence."

My friend thought I was pregnant

"Whenever I was invited out I would worry for days in advance, about what to wear. I did not want anyone to notice my bloated stomach. The problem got worse when a friend asked if I was pregnant."

Always craving sweets

"I noticed that sweets, cakes and bread made the problem worse. They made me feel tired, moody and still craving sweets. My friend told me that I probably have an imbalance in my intestinal flora and recommended a product called dida™, which could help against bloating. So I gave dida™ a try.

Initially, I still had some bloating, but after about 3 weeks it was gone! No more flatulence and no more bloating! What a joy to be back to normal and not have to worry about hiding my inflated stomach. I also feel better and more energetic – as if an inner strength is back."

- Jane A., Sweden

Suffering from yeast overgrowth?

Candida Albicans is a fungus that lives in our intestines and genitals. Normally it lives in harmony with our bodies but for some people, their diet or medications create an intestinal imbalance and this fungus overgrows. This creates a plethora of symptoms, such as stomach pains, bloating, genital itching, mood swings and sugar cravings.

There are a variety of causes of overgrowth, such as a diet high in sugar, yeast and refined foods, as well as the use of antibiotics. And most people never know why they are suffering from these symptoms, until they get a yeast infection. Treatments are often short lived and do not prevent the problems from reoccurring.

The natural Candida solution

A good Candida cleanse is the most powerful way to relieve symptoms and provide a long-term natural solution. Scientific research shows that some foods and plant extracts are strongly antifungal and have a positive influence on Candida overgrowth. Dida™ is based on this research and has been used successfully in Scandinavia for many years.

Dida is manufactured in Sweden by New Nordic and is the No.1 natural Candida treatment in Europe. Dida is available in Canada at these participating pharmacies and stores: Loblaws, Superstores, Extra Foods, Zehrs, Zellers, Shoppers Drug Mart, Rexall, PharmaPlus, GNC and health food stores.

For more information, please visit www.newnordic.ca or call 1 800 261 4223.

Julia tops the charts
Mastering the Art of French Cooking, Volume I by Julia Child was the best selling cookbook at Amazon.ca last week. Julie and Julia: My Year of Cooking Dangerously by Julie Powell came in second place. METRO NEWS SERVICES

Food

When it comes to cooking locally produced foods, keep your recipes simple to allow the fresh and natural flavours to come through, says chef Chris Venhuis. THE CANADIAN PRESS

Just ask

Ensure that the products you are buying are truly local by reading labels and asking questions of vendors at farmer's markets and produce staff at supermarkets.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Tempura, warm salad and a crisp

Corn Tempura

This batter is very thin, much like crêpe batter. Keeping it cold in an ice bath is important because it helps make the tempura crispy and light.

MAKES 6 SERVINGS

INGREDIENTS:

- 3/4 cup (175 ml) all-purpose flour
- 1/4 cup (50 ml) cornstarch
- 1/4 tsp (1 ml) baking soda
- 1 egg
- 1 cup (250 ml) ice water
- 2 cups (500 ml) fresh corn kernels
- Vegetable oil for deep-frying

DIPPING SAUCE:

- 1/4 cup (50 ml) tempura dipping sauce (such as Kikkoman)
- 1/4 cup (50 ml) water
- 1/4 cup (50 ml) grated daikon radish

METHOD:

In large bowl, whisk together flour, cornstarch, baking soda, egg and 1/2 cup (125 ml) of the ice water. Whisk in remaining water, 1/4 cup (50 ml) at a time, to make thin batter. Stir in corn. Place bowl in second bowl filled with more ice water.

Pour enough oil into wok or Dutch oven to come about 2 inches (5 cm) up side; heat until 375°F (190°C) on deep-fry thermometer, or until 1-inch (2.5 cm) cube of white bread turns golden in 30 seconds.

Gently drop batter, 2 tbsp (25 ml) at a time, into hot oil (batter will sink slightly then rise to surface with bits breaking off at edges). Deep-fry, turning once, until golden brown, about 3 minutes. Drain on paper towel–lined rack.

DIPPING SAUCE: In small saucepan, bring dipping sauce and water to boil; remove from heat. Squeeze out liquid from radish; add radish to sauce. Serve with tempura.

DAVID SCOTT

Corn Tempura

JODI PUDGE

Pear Apple Crisp

Warm Spanish Chicken Salad

PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:

- 2 boneless skinless chicken breasts

1 tbsp (15 ml) extra-virgin olive oil
1/2 tsp (2 ml) paprika
1/4 tsp (1 ml) each salt and pepper
1 each sweet red and green pepper, cut into 2 cm-wide strips
6 cups (1.5 l) loosely packed mixed baby salad greens
1/2 cup (125 ml) thinly sliced sweet onion
1/3 cup (75 ml) quartered pimiento-stuffed green olives
1/4 cup (50 ml) each toasted slivered almonds and crumbled feta cheese

SHERRY VINAIGRETTE:

2 tbsp (25 ml) extra-virgin olive oil
1 tbsp (15 ml) sherry vinegar or red wine vinegar
1/2 tsp (2 ml) Dijon mustard
Pinch each salt, pepper and granulated sugar

JODI PUDGE

Warm Spanish Chicken Salad

METHOD:

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

SHERRY VINAIGRETTE:

In small bowl, whisk together oil, vinegar, mustard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

Pear Apple Crisp

PREP TIME: 12 MINUTES
COOK TIME: 1 HOUR
MAKES 6 SERVINGS

INGREDIENTS:

- 6 cups (1.5 l) chopped cored peeled pears
- 2 cups (500 ml) chopped cored peeled apples
- 2 tbsp (25 ml) all-purpose flour
- 2 tbsp (25 ml) packed brown sugar
- 2 tbsp (25 ml) lemon juice
- 1/4 tsp (1 ml) cinnamon

TOPPING:

- 1 cup (250 ml) quick-cooking rolled oats (not instant)
- 1/2 cup (125 ml) packed brown sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch ground nutmeg
- 1/3 cup (75 ml) salted butter, melted

METHOD:

In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon until combined; spread in 8-inch (2 l) square glass baking dish. Set aside.

TOPPING: In small bowl, whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture.

Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.

online
For more Tested-Till-Perfect recipes, visit canadianliving.com

Editor's Note

- Starting this Thursday, Metro is launching Urban Foodie, a column that reviews Toronto's best dining spots.

m.metronews.ca

Scan this barcode for more Food and Recipes on your smartphone.
Find out how to scan this barcode on pg 3

Dial without pausing
10-10-100
+1+The Number

Make Easy Phone Calls
To Canada & USA with Telehop.
The Smart Alternative

1.6¢ per minute

No Contracts
No Signups
No Extra Charges

www.telehop.com | 1·888·882·8056 | 10-10-100 | Telehop™ The Smart Alternative

Flat rate of 25¢ for first 15 minutes. Calls to cell lines may be at a different rate. Rates subject to change without notice. Terms and conditions apply, please see website for details.

#133 09/09

For those who really, really love garlic
The third annual Stratford Garlic Festival will feature more than 40 vendors, plus demonstrations, samples and information at the outdoor, family-oriented event. For a schedule of events and directions to the festival, visit stratfordgarlicfestival.com. THE CANADIAN PRESS

Breakfast at the The Lodge

Island Lake Lodge, a luxurious and secluded ski resort in the heart of the Cedar Valley in Fernie, B.C., is renowned for its pristine surroundings, snowcat-skiing operation, and gourmet restaurant.

Recently added to National Geographic Traveler magazine's "Stay List 2009" hotel guide, Island Lake Lodge effortlessly melds comfort and elegance, offering gourmet meals that have earned their restaurant a distinctive reputation.

The culinary philosophy of the chefs at Island Lake Lodge is creating distinctive dishes using fresh, local, and organic ingredients. In Island Lake Lodge: The Cookbook, writer Keith Liggett brings the best of the Lodge's daily menu into your home.

Whitecap offered Metro these two recipes to get you started:

Star Anise French Toast

Oatmeal Jam Cookies

Star Anise French Toast

In France, French toast is called pain perdu, or "lost bread," and it's a good use for stale bread. In fact, the drier the bread, the more egg it absorbs and the moister the French toast. If you don't have star anise, substitute 1 tsp cinnamon, in which case you don't need to infuse the egg mixture overnight but can use it immediately. Recipe by Chef Johanne Ratthe.

SERVES 4–6

INGREDIENTS:
- 6 eggs
- 1 cup milk
- 1 Tbsp granulated sugar
- 2 whole star anise
- Pinch salt
- 6 slices stale bread
- Softened butter or canola oil for frying
- Maple syrup to serve

METHOD:

In a shallow bowl, whisk together eggs, milk, sugar, star anise, and salt. Refrigerate, covered, for at least 8 hours or overnight for flavours to infuse.

Just before serving, dip bread slices in egg mixture until thoroughly soaked. Heat a large greased nonstick skillet over medium heat; cook bread slices, in batches, for about 3 minutes on each side or until golden brown. Serve with maple syrup.

Oatmeal Jam Cookies

Oatmeal's not just for breakfast any more. Drizzle these cookies with white chocolate to give them a fancier look. Use your favourite jam. Recipe by Chef Kerri Maier.

MAKES ABOUT 24 COOKIES

INGREDIENTS:
- 1 cup all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/2 butter, softened
- 1 egg
- 1/2 tsp vanilla
- 1 cup rolled oats
- 1/4 cup jam
- 2 oz good-quality white chocolate (optional)

METHOD:

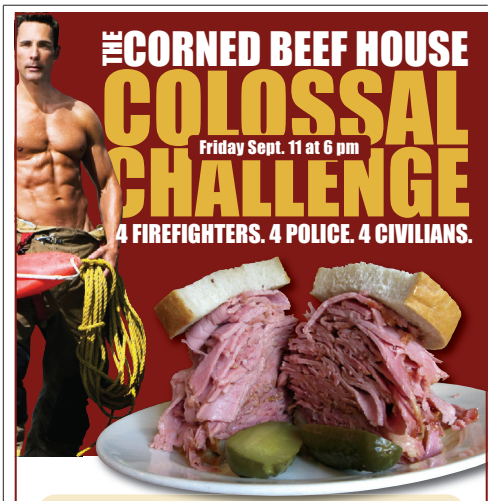
Preheat the oven to 350°F. Line a large baking sheet with parchment paper. In a small bowl, whisk together flour, baking powder, baking soda, and salt.

In a medium bowl, beat together granulated sugar, brown sugar, and butter until fluffy. Beat in egg and vanilla.

Beat in flour mixture until well combined. Stir in oats. If dough is a bit too wet, add a little more flour, or refrigerate dough for 30 minutes.

Form dough into 1-inch balls. Arrange 2 inches apart on prepared baking sheet. Make an indentation in top of each ball, then fill each indentation with jam. Bake for 9–13 minutes or until golden brown. Let cookies cool on baking sheet for 5 minutes. Remove cookies with a spatula. Let cool completely on wire racks.

In a small heatproof bowl set over a saucepan of simmering water, melt chocolate until almost smooth. Remove bowl from the heat. Stir chocolate until smooth. With the tines of a fork, drizzle chocolate evenly over cookies. Set aside until chocolate sets.



Buy your tickets today in support of the FIRE FIGHTERS' CANCER RESEARCH FUND at PRINCESS MARGARET HOSPITAL to watch three teams of four brave The Corned Beef House 16oz. sandwich ★ COLOSSAL CHALLENGE! ★

TICKETS: $15 (advance) $20 (at the door) Donation
(all proceeds go to The Princess Margaret Hospital Foundation)

Donation includes: food, drinks, prizes, a silent auction and the chance to purchase the 2010 Toronto Firefighter Calendar too! $16.99 +tax, www.torontoffc.ca

To purchase your tickets call Caitlin at **416.977.2333** or **647.838.2103** or email: **caitlin@cornedbeefhouse.com**
The Corned Beef House • 303 Adelaide St. West • Toronto

Sponsored by
Steam Whistle · The Princess Margaret Hospital Foundation · Toronto Fire Fighter Calendar · metro

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

The White Zin

Thankfully school is over for me but I still hate September. It's the way we all draw a line at the Labour Day weekend.

On one side we can revel in all things summer; on the other the outdoor furniture comes in, the white pants wind up at the back of the closet and rosé wines are bid adiós for another year.

While I can live with most of the seasonal changes I'm here to tell you that pink wines — especially the White Zinfandel — aren't just for warm weather any more. Long maligned as a marketing ploy aimed at unsophisticated drinks, the White Zin has remained as simple and straight forward as it was when Californian winemakers first developed it in the 1970s.

Sutter Home's 2008 White Zinfandel ($7.99 - $9.97) is the original and its soft, berry sweetness remains the benchmark. Equally as fruity, **Beringer Vineyards' 2008 California Collection White Zinfandel ($9.90 - $11.99)** has a slight drier edge.

Though these style of blush wines aren't very complicated they match surprisingly well with most meals — particularly those big holiday spreads that you'll soon be preparing — and appeal to wide variety of palates no matter what the temperature outside.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Cadbury one for me
You could win† $100,000 for you.

one for you*
And $100,000 for the charity of your choice.‡

Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca

†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc

Thurman, Busson to marry
Uma Thurman is set to marry her beau, Arpad Busson, with to a gala wedding at London's Kensington Palace sometime next June, according to the Daily Mail. METRO NEWS SERVICES

Entertainment

Royal couple
There may be a new king and queen of hip hop. 50 Cent and Ciara have been dating for more than two years and are now looking to make it official, according to blog All Hip Hop.
METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Capitalism for 'good people'

Michael Moore's says his film Capitalism: A Love Story is dedicated to "good people ... who've had their lives ruined by the quest for profit."

After many a successful debut at Cannes, Moore premiered the film yesterday in his first appearance at the Venice Film Festival. The movie was warmly received at a press showing Saturday evening and won positive reviews. Variety called it one of Moore's "best pics."

"I am personally affected by good people who struggle, who work hard and who've had their lives ruined by decisions that are made by people who do not have their best interest at heart, but who have the best interest of the bottom line, of the company, at heart," Moore told reporters.

The film features plenty of examples of lives shattered by corporate greed — but also some inspiring tales of workers who have rebelled.

According to Moore, "the revolt you think I am calling for has actually begun. It began Nov. 4," when President Barack Obama was elected.

There are the Chicago glass and window company whose employees barricaded themselves to demand their pay after management laid off all 250 employees when the bank line of credit dried up.

On the side of greed, Moore tells the story of a privately run Wilkes Barre, Pa.-based juvenile detention centre that paid off judges to lock up juvenile offenders. One boy said he had done little more than throw a piece of meat at his mother's boyfriend during a fight at the dinner table and a teenage girl's offence was making fun of her school's vice principal on a Myspace page.

The film is filled with classic Moore gimmicks, like wrapping crime scene tape around landmark banks and Wall Street institutions. And there is the expected Moore grandstanding as he tries to make citizens arrests of bank CEOs, not getting past the sometimes amused security guards at the main entrance. By now, everyone sees him coming and knows who he is.

Moore said he considered himself a proxy for the "millions of Americans who would like to be placing crime scene tape around Wall Street."

The filmmaker is optimistic that unimagined change can happen, citing the unexpected fall of the Berlin Wall in 1989, and Nelson Mandela's election as the president of South Africa after 27 years in prison for his anti-apartheid activism.

"There are many things that have happened in the last 20 years that are just utterly surprising, so that I now believe anything can happen. People can revolt in good ways."
THE ASSOCIATED PRESS

TIFF Love Story

- Michael Moore's Capitalism: A Love Story, is being screened as part of the Toronto International Film Festival later this week.

GETTY IMAGES
Capitalism: A Love Story is the new film from Michael Moore.

CDs seized from Sony office in Mexico City
Officials raided and seized 6,397 CDs from the offices of Sony Music in Mexico City after ranchera singer Alejandro Fernandez complained the studio was continuing to use the singer's videos, music and photos, even after his contract with Sony ran out in 2008. METRO NEWS SERVICES

What's driving Ludacris?

Rapper gives free cars to contest winners

PAUL ABELL/THE ASSOCIATED PRESS

Ludacris and Ella Me Johnson share a moment after the rapper handed over the keys to her new car Sunday in Morrow, Ga.

Talk about a one-man stimulus package: Grammy-winning rapper Ludacris has given away 20 cars to people who wrote about their struggles to keep their jobs for a lack of wheels of their own.

Ludacris said he was taken aback after reading thousands of essays by people struggling or unable to buy cars needed to get to and from work or find jobs. The 31-year-old rapper felt he could step in and move them ahead, partnering with a suburban Atlanta dealership for Sunday's giveaway.

"People are getting laid off, and now are looking for jobs," Ludacris said. "To be efficient, you need some transportation of your own to get there. That's why I wanted to give back to those who need it."

"I wanted to give back to those who need it."
Ludacris

Each of the used vehicles included free gas for 30 days. Winning contestants were responsible for tags, registration, tax and insurance. About 4,000 contestants submitted a 300-word essay to the rapper's foundation, explaining why they deserved a car.

One of the most touching stories Ludacris read was by Mading Duor.

Duor described how he moved to the United States six years ago after his mother, father, and five brothers and sisters were killed in Sudan. The man also wrote that a son was killed by a drunken driver in Atlanta a few years back.

"His story touched my heart," Ludacris said. "He's endured so much in his life and he's still here standing. I'm very proud to have helped him."

Duor, 33, has been able to keep a steady job at a school, but each day he felt stressed about how he was going to get to work. No longer.

"I'm so happy, that I'm nervous," said Duor, who won a Nissan Maxima. "When I look at my new car, I say to myself, 'Is this really happening?'"

Crystal Beauford, a single mother who used to ride the bus to two jobs and school, now has a Saturn Ion.

The 26-year-old college student doesn't know how to drive the stick-shift vehicle, but said she'll learn. "This is going to help me out so much," Beauford said. "It's a blessing."

Ludacris won Grammys for Best Rap Album for Release Therapy and Best Rap Song for Money Maker.

THE ASSOCIATED PRESS

Jump on some hoppin' apps.

BlackBerry® Curve™ 8330 smartphone
$29.99* (3 year term) | $449.99 (no term)

BlackBerry® Storm™ 9530 smartphone
$149.99* (3 year term) | $599.99 (no term)

NEW BlackBerry® Tour™ 9630 smartphone
$229.99* (3 year term) | $599.99 (no term)

BlackBerry® apps are the easiest way for you to get a jump on life. From being more productive to figuring out where you should hook up with friends. There's even an app that'll show you how to grill tofu. So how will BlackBerry apps help you make the most of your time? Check them out at telusmobility.com/apps.

TELUS
the future is friendly®

Phone availability and price may vary. Prices are subject to change without notice. *Effective net price after in-store discount at time of activation. Prices available for clients (new and renewal) who activate on a 3 year term with any non-promotional voice rate plan of $20 or greater and data add-on of $15 or greater. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. Food Network is a trademark of Television Food Network G.P.; used with permission. All other trademarks are the property of their respective owners. © 2009 TELUS.

Selleck wins legal fight over horse

Tom Selleck has been awarded more than $187,000 US after a jury in California found he had been duped into purchasing a lame horse. FEMALEFIRST.CO.UK

No prosecution in model scuffle

A criminal charge against a security guard who was accused of shoving former supermodel Stephanie Seymour into a door at her Connecticut home is being dismissed if he can stay out of trouble.

Seymour

Seymour got into a dispute with guard Joseph Babnik in June when he was watching the Greenwich estate of her estranged husband, newsprint magnate Peter Brant.

Babnik told police Seymour had taken documents from him and he was trying to get them back.

The former New York City police officer was arrested and given a misdemeanour summons on a disorderly conduct charge. But the state's attorney on Friday declined to prosecute the case after Seymour and Babnik reached a closed-door agreement. The charge will be dismissed in a year if Babnik isn't arrested again.

THE ASSOCIATED PRESS

Jackson's glove sells at auction

AUCTION A bejeweled white glove Michael Jackson tossed to an Australian fan more than a decade ago sold at auction Sunday for 57,600 Australian dollars ($48,400), almost twice the estimated selling price.

Warwick Stone, a buyer for the Hard Rock Hotel and Casino in Las Vegas, beat out five other bidders for the late King of Pop's glove, said Charlotte Stanes, spokeswoman for Bonhams and Goodman.

"We are very happy with the result." Stanes said. "It's the first glove we know about in Australia."

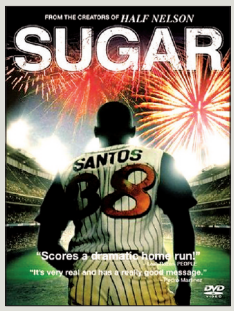
Bonhams and Goodman said it was the first auction of a Jackson glove since his death on June 25 this year at age 50. Jackson visited Australia in 1996 as part of his HIStory world tour.

THE ASSOCIATED PRESS

DVD picks

Sugar

Director: Anna Boden, Ryan Fleck



MOST PEOPLE, NON-FANS included, believe that the Dominican Republic is an island baseball haven, with limitless raw talent available for the price of a plane ticket. The assumption has some factual basis — there's an abundance of DR players in the major leagues —, but the reality is far more Darwinian.

Then there's the hoary adage, "It doesn't matter whether you win or lose, it's how you play the game." This, too, doesn't always bear up to the rough scrutiny of a game where winning is everything, and where often, in the case of injuries, your real character is exhibited in how you cope with not playing.

These are the sour lessons in Sugar for Miguel "Sugar" Santos (Algenis Pérez Soto), a cocky kid from San Pedro de Macoris who, at the age of 19, attracts the interest of big-time scouts for his powerful knuckle curveball.

A star at home, his nickname is for his love of desserts (although he claims it's for his way with the ladies). He heads to spring training in Arizona with dreams of milk and honey.

Sugar quickly learns there's much more to the game than smoking a hot pitch across the plate. Algenis Pérez Soto delivers an affecting and empathetic performance in the title role.

Written and directed by the Half Nelson team of Anna Boden and Ryan Fleck, Sugar is a departure from movies of its kind in quietly observing that life is often a series of base hits rather than grand-slam homers. The film has few moments of high drama and the games played matter only in how they shape Soto's character.

Extras include deleted scenes, featurettes and interviews with baseball players David Ortiz, Pedro Martinez and Sammy Sosa.

Sin Nombre

Director: Cary Joji Fukunaga

SIN NOMBRE TRANSLATES as "without name." In this drama of fugitive immigrants and gang violence along the U.S.-Mexico frontier, it refers to the characters' anonymous and unwanted status in the U.S., the promised land for many Latin Americans.

Getting stateside requires a combination of stealth and guile for anyone lacking the cash and connections.

Character motivations are complicated and completely understandable. Among the film's many revelations is a cast of talented unknowns who stand to become much better known in years to come — which makes the "no name" title seem ironic.

A train drama that is usually the stuff of Bond film fantasy or cheap CGI trickery is rendered with documentary veracity by Adriano Goldman's award-winning camera work, which, like the action, never lets up.

The harsh realities of Sin Nombre could be pulled straight from today's headlines, The real source, though, is the heart and mind of writer/director Cary Fukunaga, who exhibits technical skills and life insights not often found in rookie filmmakers.

Extras include deleted scenes and a commentary by Fukunaga and producer Amy Kaufman.

Peter Howell/for Metro Canada

TORONTO STAR thestar.com
National BRIDAL SHOW
SEPTEMBER 11-13, 2009
International Centre, Mississauga
ENTER TO WIN A $4000 HOME DÉCOR PRIZE PACKAGE
The Bay & Home Outfitters National Gift Registry
HUGE BRIDAL GOWN SALE
BIG SAVINGS
on your perfect dress from Ballett's
Buy Tickets Online & SAVE!
www.bridesintoronto.com
WIN A TRIP!
CALABASH COVE RESORT & SPA
Saint Lucia's Newest Luxury Hotel
ENTER AT THE SHOW
ENTER TO WIN A $7000 RING FROM
The Ring Bearer.ca
ALL NEW Green Weddings FEATURE
supports The Brides' Project, recycling bridal gowns in support of cancer foundations
FAIR TRADE • LOCAL SUSTAINABLE PRODUCTS • ORGANIC • RECYCLABLE
JOIN US ON
the Bay · Home Outfitters · ballett's · weddingbells · The Ring Bearer · The Brides Project · SAINT LUCIA

Cadbury one for me
one for you*
$100,000
$100,000
You could win† $100,000 for you.
And $100,000 for the charity of your choice.‡
Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca
†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

For Those In The Flow
NEW 93.5 FLOW

Stone turns South

Director Oliver Stone says his new documentary South of the Border is meant to illustrate the recent sweeping changes in South America. Stone spent extensive time with Venezuelan President Hugo Chavez for the film, and also interviewed other leaders. THE ASSOCIATED PRESS

Pixar directors recognized at fest

Filmmaking team receive lifetime achievement awards

The Venice Film Festival's red carpet was festooned with balloons on Sunday to mark the lifetime achievement award for director and producer John Lasseter and his crew of Pixar directors.

They were rewarded for their work creating a new generation of childhood memories populated with Nemo, Woody and Sulley. It is the first time in festival history that the award honours not just one filmmaker but an entire studio.

Pixar, founded in 1986 and based in northern California, pioneered digital computer animation and has made 10 feature films to date, four of which have won Oscars since the animation category was introduced in 2001.

"We really set out to deeply entertain an audience, not just children but adults as well," Lasseter told reporters Sunday.

Lasseter said he was "tremendously honoured" that the festival chose to give the award to the team of five Pixar directors, including Brad Bird (Ratatouille and The Incredibles), Pete Docter (Up and Monsters Inc.), Andrew Stanton (Finding Nemo and Wall-E), and Lee Unkrich (Toy Story 3). Lasseter directed the first two Toy Story movies and Cars.

"Filmmaking and animation is one of the most collaborative art forms there is in the world, and it is never more collaborative than it is at Pixar," Lasseter said.

Lasseter posed with life-size Carl and Russell, the stars of Pixar's latest runaway hit Up on a red carpet imprinted with the Italian logos for Pixar's hits, The Incredibles, Up, Finding Nemo and the upcoming Toy Story 3, before receiving the Golden Lion from George Lucas, who helped launch Pixar.

"I think anybody else when they sell a company and the company goes on to be very successful, they would feel like they missed out," Lasseter said. "George Lucas is so proud of us and we are so thankful to him. He is a true visionary."

To mark the occasion, the festival premiered 3-D versions of Toy Story and Toy Story 2, which are set for theatrical release in the U.S. later in the fall. Children given a rare invite to the festival usually reserved for adults grabbed up free kites and posed next to a life-size model of Woody made out of Legos. Some came dressed as scouts, in homage to Russell.

Pixar merged with Disney three years ago, making Lasseter chief creative for both Pixar and Disney animation, where he is reintroducing hand-drawn animation.

"I felt like if there is a studio in the world who should be doing the highest quality hand-drawn animation, it is the studio that started it all, Disney," Lasseter said.

An upcoming Pixar film breaks the studio mould of male characters as the central protagonist after its successful string of beloved male figures, from Nemo to Woody to Lightning McQueen. Lasseter said The Bear and the Bow is Pixar's first fairy tale, a mother-daughter story set in Scotland and directed by filmmaker Brenda Chapman. THE ASSOCIATED PRESS

ANDREW MEDICHINI/THE ASSOCIATED PRESS

From left, Pixar directors Andrew Stanton, Pete Docter, John Lasseter, Brad Bird and Lee Unkrich display their Golden Lions for life-time achievement at the Venice Film Festival in Venice Sunday.

"Filmmaking and animation is one of the most collaborative art forms there is in the world, and it is never more collaborative than it is at Pixar."
John Lasseter

THE BOOKS BEHIND THE SMASH HIT TRUEBLOOD ON HBO®
9 NEW YORK TIMES BESTSELLERS
4.5 MILLION BOOKS SOLD THIS YEAR!
"Vivid, subtle and funny." —ENTERTAINMENT WEEKLY

AVAILABLE WHEREVER BOOKS ARE SOLD
Enter for your chance to WIN a Sookie Stackhouse box set and a copy of *True Blood* on DVD. Visit metronews.ca
penguin.ca
metro

MONEY PROBLEMS?™

MAKE ONE SMALL MONTHLY PAYMENT

FOR ALL YOUR DEBTS!

We Can .....

- √ Stop Interest Right Away!
- √ Re-Establish Your Credit!
- √ Reduce Your Debts!

No More .....

- X Collection Calls?
- X Court Orders Against You?
- X Wages Garnishment?
- X Afraid of Losing Assets?
- X And No More Financial Difficulties?

NO NEED FOR **BANKRUPTCY**

Before you see a trustee in BANKRUPTCY
Talk to us First
Trustee represents your creditors
But we work for you !!

We Speak Your Language ....

Spanish	416-650-5200
Chinese	416-650-0044
Russian	416-650-0400
Tamil	416-650-5400
Persian	416-650-5800
Arabic	905-275-3600
Polish	905-275-6200
Portuguese	416-650-1800
Italian	416-650-1400
Ukrainian	416-650-0400
Vietnamese	416-650-0900
Hindi /Urdu	905-796-0044
Dari	416-650-5800
Punjabi	905-796-0044
Greek	905-275-1600

gta credit™

GTA Credit Solutions Services Ltd.

www.gta-credit.com

North York
1280 Finch Ave. W.
Suite 411, M3J 3K6
416-650-1100

Scarborough
4433 Sheppard Ave E.
Suite 201, M1S 1V3
416-754-0011

Mississauga
93 Dundas St. E.
Suite 114, L5A 1W7
905-275-4200

Brampton
284 Queen St. E.
Suite 215 L6V 1C2
905-796-3100

Ajax
30 Hunt Street
Suite 203, L1S 3M2
905-426-8400

Correction about D-Squared

Incorrect information appeared in Friday's article about twins Dean and Dan Caten's Canada Walk of Fame Induction. The induction takes place this weekend and not last weekend as the article indicated. METRO NEWS SERVICES

Mix of Six

Metro taps into today's best entertainment and event picks

MUSEUM Coffee & Smokes in Medieval Yemen — an exhibit at the Royal Ontario Museum — offers a glimpse into the luxurious pastimes of life in medieval Arabian city Zabid. rom.on.ca.

MUSIC Outbred Inlaws, Tim Easton, Hot Panda, and Chris Assaad perform at the Horseshoe Tavern, 370 Queen St. W. 9 p.m. No cover.

GALLERY The Drawn Film, an exhibit of works by Canadian draughtsman John Gould is on display at the Roberts Gallery through Friday. robertsgallery.net.

CIRQUE DU SOLEIL Cirque Du Soleil's Ovo features a colourful world where insects play, work, eat and fight at the Port Lands on Cherry Street. cirquedusoleil.com

BOOKS Pay tribute to the now-closed bookstore Pages at Afterword: Celebrating 30 Years of Pages Books at 7 p.m. gladstonehotel.com

BASEBALL The Blue Jays take on the Minnesota Twins in a four-game series. Call 416-341-1234 or visit bluejays.com.

• Have an event you would like to see listed? Send an email to listings@metronews.ca or tweet it to @metrotoronto

35% OFF 1ST LOAN WITH AD
BORROW UP TO $1000.00 UNTIL PAYDAY
INSTANT APPROVAL By Phone/Fax/Email
LOWEST COST PAYDAY LOANS IN THE GTA
416-636-6333 or www.paydayanyday.com
PAYDAY LENDERS NOW ANY DAY CAN BE YOUR PAY DAY! 3121 Dufferin Street

OPENING IN TORONTO SEPTEMBER 25TH
YOU COULD WIN

THE RED CARPET TREATMENT! RECEIVE CAR SERVICE & 2 TICKETS TO THE WORLD PREMIERE WITH DIRECTOR SCOTT HICKS & CLIVE OWEN IN ATTENDANCE ON TUESDAY, SEPTEMBER 15!
ENTER FOR YOUR CHANCE TO WIN! metronews.ca
GLOBAL ALLIANCE 97.3 EZ Rock metro
No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes September 10, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

The School of Sinatra

Tony Bennett may sing about San Francisco, but he left his heart in Astoria — the working-class Queens community where he grew up during the Great Depression.

When schools open, the 83-year-old singer will be returning to his old neighbourhood to welcome students into the new permanent home of the public arts high school that he founded and named in honour of Frank Sinatra.

"It's beyond any dream I could have ever had," said Bennett. "I loved growing up in Astoria and I still hang out there ... When I was lucky enough to get money from New York City to start a school, I said, 'Let's do it in Astoria because they deserve it.'"

Bennett and his wife, Susan Benedetto (his given family name), an educator, will be attending Wednesday's opening of the new home of the Frank Sinatra School of the Arts. At a time when school districts across the country are cutting arts programs, the opening caps off a decade-long campaign to develop a public-private partnership to create a model arts high school.

Bennett chose to name the school after his mentor, who helped launch his seven-decades-long career.

"Frank was so beautiful to me my whole career and always considered me his favourite singer," he said. "By calling it the Sinatra School it's a symbol of hoping that the students will always do something with integrity, not just for fame and a quick buck."

STEPHEN LOVEKIN/GETTY IMAGES

Singer Tony Bennett performs at the class of 2009 graduation ceremony at New York's Frank Sinatra School of the Arts in June. The arts high school will unveil its permanent home Wednesday.

The school opened in 2001 in temporary quarters at LaGuardia Community College in Queens with 250 students, and later relocated to a converted industrial building.

Bennett takes special pride that the school ranks second academically among Queens public high schools with a graduation rate of 98 per cent, nearly all of whom go on to college.

"I told the students right from the beginning that you're going to be responsible for making or breaking this school ... and sure enough they came through," Bennett said.

For the upcoming year, the school's enrolment will total about 720, all of whom were selected through auditions for programs in visual arts, dance, vocal and instrumental music, drama and film.

"Tony has done a great thing for these kids ... These are not privileged kids, a lot of them come from real poverty settings," said Donna Finn, the school's principal, "For them to come here and to be treated well and respected for their innate talent is life changing."

"I think it's really a magnificent part of ... his legacy."
Susan Benedetto, Tony Bennett's wife

The new facilities include an open-air rooftop stage with a backdrop of the Manhattan skyline; two black-box theatres; and the 800-seat Tony Bennett Concert Hall, with an orchestra pit and stage large enough to handle an opera production.

Bennett was inspired to create the school when he observed inner city students in Chicago participating in a neighbourhood artwork beautification program. It also takes a cue from Manhattan's "Fame" Fiorello H. LaGuardia High School, by integrating preconservatory arts training with an intense academic program, encouraging community outreach and offering apprenticeships.

"This is sort of our child, so to speak," said Benedetto. "What I admire most about Tony is that somebody of his talent and stature would take the time to get behind the public school children and start a school. ... I think it's really a magnificent part of what will be his legacy."

THE ASSOCIATED PRESS

N.B. student sues Akon for concert injuries

LEGAL A New Brunswick university student has filed a lawsuit against the R&B singer known as Akon, claiming she was badly injured during a concert in Saint John when the singer's security detail pushed their way through the crowd at Harbour Station.

The suit, filed on behalf of Katherine Teresa Hooper of Hampton, also names Harbour Station and Gillett Entertainment Group, which promoted the September 2007 concert.

Hooper's statement of claim says that during the concert, Akon left the stage and appeared at the back of the hall.

The statement says Hooper was among those in a large crowd on the floor of Harbour station, where no seats were set up.

As the singer continued to perform, he and his entourage forced their way through the crowd, "causing (Hooper) to fall, which resulted in serious personal injury," the claim says.

None of the claims has been proven in court and no statement of defence has been filed.

The lawsuit does not describe the injuries but claims they were the result of the negligent behaviour of Harbour Station, Gillett and Akon, a Senegalese-American singer whose real name is Aliaune Thiam.

THE CANADIAN PRESS

Boyle outselling Beatles, Whitney

Susan Boyle fans are hitting amazon.com to rabidly pre-order Boyle's first CD, which will be released Nov. 24, and she's easily outselling Whitney Houston and the Beatles, Pop Watch reports. METRO WORLD NEWS

Charger accused in Tila incident

COURTS San Diego Chargers star outside linebacker Shawne Merriman was arrested Sunday and accused of choking and restraining his girlfriend, reality TV star Tila Tequila, as she tried to leave his suburban home.

Tequila, 27, signed a citizen's arrest warrant, charging Merriman with battery and false imprisonment, San Diego County Sheriff's Lt. Gary Steadman said. Both are felonies.

Deputies responded about 3:45 a.m. to Merriman's house in Poway, north of San Diego, after a woman called to say she was choked by the player and thrown to the ground when she tried to leave, Sheriff's Department spokesman Jan Caldwell said at a news conference.

Merriman's lawyer, Todd Macaluso, disputed Tequila's story and said he's confident Merriman won't be charged by the District Attorney's Office.

"There was absolutely no wrongdoing on the part of Mr. Merriman," Macaluso told The Associated Press by phone. "He essentially was doing what was appropriate under the circumstances in trying to protect the safety of Miss Tequila. There were numerous eyewitnesses that will support his version of the events that transpired at his home."

THE ASSOCIATED PRESS FILE PHOTOS

San Diego Chargers linebacker Shawne Merriman has been accused of choking and restraining reality TV star Tila Tequila.

Merriman, 25, also said in a statement late Sunday that he was worried for the safety of Tila Tequila because she appeared to be intoxicated and he didn't want her to drive.

He says paramedics who were called to his home reported no injuries to Tequila.

Merriman was taken into custody and booked into the central jail at about 8:30 a.m. He was released shortly after 11 a.m.

Tequila was taken to a hospital. Her condition was not immediately available.

Caldwell said deputies determined Tequila had been drinking. Caldwell said she wasn't sure if Merriman had been drinking. Macaluso said witnesses he spoke with said Merriman had ordered water three or four times when his group was at a downtown San Diego club before going to his house.

Tequila, whose real name is Tila Nguyen, is best known for A Shot at Love with Tila Tequila, which ran for two seasons on MTV. THE ASSOCIATED PRESS

Town of brotherhood

BookPicks

Our **Boys**

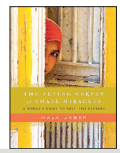
Authors: Joe Drape
Publisher: Times Books
Price: $32.00 (Hardcover)

New York Times reporter Joe Drape ventured to Smith Center, Kan., expecting only to pen an article on the small town's highly successful high school football team, the Redmen. But taken by the team's rousing head coach Roger Barta, Drape relocated to the community to write a full novel on the team. What he found was a fostering culture that transcends football, the coach's encouragement and enthusiasm touching players' personal lives and futures. Through this intimate field study, Drape explores how a sports team is both a symbol of the collaborative power of a town.

Getting Rid **of Rosie**

Author: Lynda Simmons
Publisher: Berkeley Books
Price: $17.50 (Paperback)

When Samantha Marcello's best friend stole her fiancé Michael nearly a decade ago, Sam never thought she'd hear from either again. So when Michael stumbles in to the Silver Swan — the pub Sam has tried to busy herself with over the years — she's mutually shocked to learn Rosie died in a car accident and overcome by her nostalgic feelings for Michael. But Rosie won't disappear that easily, returning as a ghost, with whom only Sam can communicate. The past haunts her as Sam must reconcile Rosie and reconnect with Michael, all while maintaining the bar that's been her labour of love.



The Flying Carpet **of Small Miracles**

Author: Hala Jaber
Publisher: Viking Canada
Price: $32.00 (Hardcover)

Hala Jaber finds the struggles in her private life intertwine with the vocation of her public one in her latest work. After trying unsuccessfully to conceive a child with her husband, the journalist couple relocate to Baghdad to report on the 2003 American invasion of Iraq. There, they find themselves honing in on the child victims of war, taking special notice of sisters Zahra and Hawra who are the sole survivors of a bombing that killed their family. Despite the children's serious physical and emotional injury, Jaber and her husband aim to save them, while raising awareness of the cost of combat on the young. BRIAN COULTON/ FOR METRO CANADA

Box office

Following are the top 10 films at the North American box office for the weekend beginning Sep. 4, according to studio estimates:

1. **The Final Destination:** $15.4 million US
2. **Inglourious Basterds:** $15 million
3. **All About Steve:** $13.9 million
4. **Gamer:** $11.2 million
5. **District 9** $9 million
6. **Halloween 2:** $7.1 million
7. **Julie & Julia:** $7 million
8. **G.I. Joe: The Rise of Cobra:** $6.7 million
9. **The Time Traveler's Wife:** $5.4 million
10. **Extract:** $5.3 million

ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/8/09	265	353	2	TVO	Canadian Waterways		The Agenda With Steve Paikin		Blackpool		Stephen Fry in America		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Semper Fidelis"		(9:01) Big Brother 11		Bones (HDTV PA)		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere Il	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Hell's Kitchen (PA) (N)		More to Love (N)		Murdoch Mysteries (HDTV)		News
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 16. (N)				Flashpoint (DVS)		CTV News
	218	345	11	E!	*Crimes and Misdemeanors* ★★★ (1989, Comedy-Drama)				*RoboCop* ★★★ (1987, Science Fiction) Peter Weller.				News at 11 (N)
	137	763	13	TFO	Panorama été	Météo	Visages	Villages	*La Banquière* ★★ (1980, Drame) Romy Schneider.				Météo
	-	-	14	-	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Black Bearded
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Semper Fidelis"		(9:01) Big Brother 11		The Mentalist (HDTV)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (HDTV) Semifinalists perform. (Live)				News
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	St. Jude's Children's Hospital		Shaq Vs. (HDTV) (N)		Primetime: Family Secrets		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	America's Got Talent		America's Got Talent (HDTV) Semifinalists perform. (Live)				A News
	-	-	28	FOX	Judge Judy	Two/Half Men	Hell's Kitchen (PA) (N)		More to Love (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (DVS)		Wild River: The Colorado		My Child		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (N)		Melrose Place "Pilot" (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	The Tyra Banks Show		My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight		CBC News: The National		School of Secrets		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		Cruise Inc.: Big Money		Swoosh! Inside Nike		Mad Money
sports	405	417	22	net	MLB Baseball Minnesota Twins at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	Tennis U.S. Open – Men's Round of 16 and Women's Quarterfinals. (HDTV) (Live)								SportsCentre
	411	457	58	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked		Naked Beauty
cable variety	570	580	29	MM	One Tree Hill		My Date With...	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Il Padrino (Parte 2 de 2)				George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Crossroads
	616	521	39	SHO	The Outer Limits		*Storm Cell* (2008, Drama) Mimi Rogers.				Bones		NCIS
	620	523	40	BVO	The Long Song (DVS)		Live at the Rehearsal Hall		*Five Days in September: Rebirth*			Song for Africa	Law & Order
	601	562	41	SLC	Rich Poor	Rich Poor	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	House Party	Comedy Inc.	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Old School* ★★ (2003, Comedy) Luke Wilson, Will Ferrell.				Seinfeld
	576	582	49	BET	106 & Park: BET's Top 10 Live		Get-Schooled	The Game	The Game	The Game	Frankie-Neffe	Frankie-Neffe	W. Williams
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Fringe		Stargate SG-1
	581	566	52	MTV	Cribs	After	MTV News	Parent Control	House-Jazmin	Daddy's Girls	Daddy's Girls	House-Jazmin	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Medicine Wmn	I Prophesy	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Caméra café	Taxi 0-22 (SC)	La Promesse (N) (SC)		TVA 22 heures	Sucré-salé	*Forces*
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing A judge is blackmailed.		The Closer "Mom Duty"		Da Vinci's Inquest		Psychic Inv.
	300	601	301	M1	(6:45) *Indiana Jones and the Kingdom of the Crystal Skull*				*The Wrestler* ★★★ (2008, Drama) Mickey Rourke.				*Haunting-Molly*
	305	612	306	PIX	*Malcolm X*	*Cold Comfort* ★★ (1989, Suspense)			*Austin Powers: International Man of Mystery*			*Nothing* (2003, Comedy)	

critics'corner

The Mentalist

There are some things you take for granted in life. You go up onstage to assist a magician, the odds are good you're going to wind up clucking like a chicken. It could be worse, as Patrick and the CBI team discover as they pursue a mastermind who hypnotizes people and tells them whom to kill in "Russet Potatoes." 10 PM on CBS

NCIS

A security breach at the SecNav's residence during a secret meeting results in the death of an ICE agent, forcing Gibbs and his team to work with ICE and the FBI to find the killer. Tony finally comes face to face with Michael Rivkin (guest star Merik Tadros) in "Semper Fidelis." 8 PM on GTV CBS

Being Erica

In this episode, Erica is feeling intimidated and inadequate in her new job at River Rock Publishing. She needs to get over her inhibitions and figure out that her skills aren't as limited as she thinks they are in "Erica the Vampire Slayer." 9 PM on CBC

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

King St Jameson
87,91,140 & 146 Jameson
Easy Access to the highway!
Bachelor $699 • 1 Bed $759
Call 416.536.7805
leasing@metcap.com
www.metcap.com
MetCap

DOWNTOWN BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From $857/mth.
Walk to Ossington & Dufferin Subway • Walk to Wal-Mart & Dufferin Mall • Minutes to U of T • Lovely views of the Lake • Beautifully Landscaped
416-534-1139
Rentalsdoversquare@sterlingkaramar.com
www.sterlingkaramar.com

Warden Steeles
125 Bamburgh Circle
Ask about our parking specials!
1 Bed $999 • 2 Bed $1,119
3 Bed $1,299
Call 416.492.7272
leasing@metcap.com
www.metcap.com
MetCap

FACING DUNDAS WEST SUBWAY STATION
Bachelors from $739
1 Bedroom from $929
A/C / Indoor Pool / Indoor Mall Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

King St Jameson
90 Jameson
Great community • Close to CNE & Ontario Place
Bachelor $699
1 Bed $809 • 2 Bed $1,019
Call 416.533.6675
leasing@metcap.com
www.metcap.com
MetCap

1101 BAY CONDO STYLE LIVING
Located 1 block south of Bloor St West and Bay St - one of the trendiest areas downtown. Steps to the finest galleries, museums, shops & restaurants
NEWLY RENOVATED LUXURY BACHELOR, 1 & 2 BDRM. SUITES
Walk minutes to Bloor W and Yorkville shopping
Award winning 24 hr customer response system, On-site pool, modern fitness facilities and more
Call 416.920.9588

UPTOWN DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From $1177/mth.
Close to York Mills & Sheppard Subway • Easy access to 404, 401, 407 & DVP • Minutes to Fairview Mall • Tuck shop, Daycare & Hair Salon on site • TTC at your door
416-449-9910
Rentalsyorkmills@sterlingkaramar.com
www.sterlingkaramar.com

Markham Eglinton
3400 Eglinton Ave East
Ask about our parking specials!
1 Bed $749 • 2 Bed $919
3 Bed $1,079
Call 416.261.7123
leasing@metcap.com
www.metcap.com
MetCap

Victoria Park & Danforth Ave.
Immediate & Later Occupancy
1 & 2 bdrms from $860
Including parking, utilities, New décor; walk to subway, shops
Occupancy Bonus on Selected Suites
416.698.7233/416.694.3187
WWW.PRINCESSMGMT.COM

Danforth Victoria Park
10 Macey Ave
Walking distance from Victoria Park Station!
1 Bed Med $779
1 Bed $799 • 2 Bed $999
Call 416.694.3132
leasing@metcap.com
www.metcap.com
MetCap

EGLINTON-KIPLING
35 Warrender Ave.
1 Bdrm from $980
2 Bdrm from $1,145
Immediate & Later
Beautiful treed setting, near schools, TTC, 427/401, airport, shopping, C/AC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
1 MONTH'S FREE RENT
APPLY 1450 KIPLING,
S.W. OF EGLINTON 416-231-2003
WWW.PRINCESSMGMT.COM

Danforth Dawes
390 Dawes Rd.
• Many stores in the area
• Walking distance to public transit
1 Bed $749 • 2 Bed $889
3 Bed $1149
Call 416.757.0185
leasing@metcap.com
www.metcap.com
MetCap

Don Mills & Sheppard
20 Godstone Rd.
Well Maintained! Indoor Pool!
Walk to Don Mills Subway, Fairview Mall, Schools & Shopping
1, 2 & 3 BEDROOMS AVAILABLE
Utilities included
Please call: 416.402.2094
OR 416.402.4502
www.fieldgateproperties.com

TAKE A VIDEO BREAK
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

YONGE & DAVISVILLE
Brentwood Towers
BACH 1 & 2 BR FROM $790
1 MTH FREE on Bach & 1 BR
Spacious & newly-renovated
Steps to subway
Upscale Neighbourhood
Convenience store in complex
CALL 416 • 485 • 2538
11am-7pm weekdays, 10am -3pm Saturdays
www.oshanter.com

ROSEDALE
SHERBOURNE & BLOOR
1 & 2 BRS FROM $1200
1 MTH FREE on 1 BRS
Newly-renovated, Stainless steel appliances, With A/C, Ravine setting, Spacious, Steps to subway, Upscale neighbourhood
CALL 416 • 528 • 4356
www.oshanter.com

HAVE A PLACE TO RENT ?
Free To Place A Classified Ad In 25 Cities In Ontario
- $ 10 one time charge in the GTA -
Find A Tenant On Our "Message Board"
LOOKING TO RENT ?
Place A Free Ad On Our "Message Board"
Search Through 1,000's Of Listings
TorontoRentals.com

JANE/STEELES
310/320 Niska Road (north york)
FRESHLY PAINTED AND WELL MAINTAINED
Spacious 1, 2 & 3 bdrms from $735/mo.
UTILITIES INCLUDED
Walk to York University
Parking Available
Large balconies
Call 416-720-9500

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

MONEY PROBLEMS?
gta credit
MAKE ONE MONTHLY PAYMENT FOR ALL YOUR DEBTS
No need for BANKRUPTCY
North York: 416-650-1100
Scarborough: 416-754-0011
Mississauga: 905-275-4200
Brampton: 905-796-3100
Ajax: 905-426-8400
GTA CREDIT SOLUTIONS SERVICES LTD. www.gta-credit.com

ATTENTION HOME OWNERS
Borrow up to $15K
NO EQUITY REQUIRED
No need for 2nd mortgage
416-221-2345

500 loan service
Brokers National
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

CREDIT-ZONE
NEED A CAR LOAN? CALL CREDIT-ZONE
APPLY ONLINE AT
www.creditzonecanada.com
1-800-519-9566

PFS Loan Centre
Need a loan?
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans? Our rates are affordable!
Think smart. Think Prudent.
Car paid off? (6 years or newer - up to $15,000)
Personal loan (1 yr. on job, $15/hr min. req.)
Rebuild your credit!
PrudentLoanApprovals.com 416.634.2013

BDO BDO Dunwoody Limited
Debt Worries?
We'll help you find the right solution to relieve your financial stress.
1-800-561 DEBT (3328)
www.bdodebthelp.ca
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# M08000730
www.mortgagegenie.org
416-667-9834

DO YOU HAVE A LOCKED-IN MONEY FROM A FORMER COMPANY'S PENSION?
You can get your money if you have financial problems.
(416)832-4468
Pension Benefits Claims

PSYCHICS

'A UNIQUE INDIAN SPIRITUAL ASTROLOGIST'
PANDIT – BHARATRAJ
YOU HAVE PROBLEMS? HE HAS SOLUTIONS!!!
Business, Love, Marriage, Education, job, Money Problems, Children Mistakes, Husband&Wife Relationship, Sexual Problems, Wealth, Sickness, Depression, Course, Jealousy, Personal Matter
HE REMOVES AND GIVES PROTECTION
☑ Black Magic ☑ Demonic forces ☑ Witch Craft ☑ Voodoo ☑ Jinx, etc...
He can handle any kind of problems
GUARANTEED RESULTS
CALL FOR APPOINTMENT 647 895 4455
679 Markham Road, Toronto, ON M1H 2A4 @ Markham & Lawrence

The Most Powerful Spiritualist from INDIA
★ Pandit Vijay Varma ★
I help in all problems and work with God & Holy Spirit.
Are you suffering in silence and nobody knows your pain and sorrows, but you & God know? Well you are not alone, The Holy Spirit will guide you to me and convince you, I will remove and destroy all bad luck, witchcraft, jealousy & black magic permanently. With my superior strength and holy given powers & protect you from evil things etc.
3075 Hurontario St. • 647.330.0672

TAKE A VIDEO BREAK
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

Mr. Saleem
Renowned African Medium & Clairvoyant (english, french and portuguese speaking).
Love specialist, resolves all problems, business success, release from spells, protection against enemies. Court cases, reunite lovers' forever even hopeless cases.
25 years experience. Quick Results.
Don't suffer in silence seek help!
647-281-4609

LEGAL

FAMILY LAW SERVICES
Joint Divorce $200 & up,
Sole Divorce $350 & up,
Legal Opinion Letter$120
IMMIGRATION LAW SERVICES
Spouse Sponsorship & other Immigration Application Services;
NOTARY PUBLIC SERVICES
$20 & $10 thereafter
Call Law Firm: 416-298-0600

DIVORCE

Quick DIVORCE
Pardon - U.S Waiver
From $300
Lawyer Assisted
416-849-4200

DIVORCE CLINIC
LAWYERS • PARALEGALS
COMPLETE SERVICE
Join Our Many Satisfied Clients
From $300
416•593•7100
www.divorceclinic.ca
393 University Ave. 20th Floor
In the Court Building

SIMPLE (UNCONTESTED) DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
Lawyer-prepared and filed for you
Member Better Business Bureau

MOVERS

Executive Movers
$40/HR PLUS 1 HR TRAVEL 2 MEN & A TRUCK, INSURED AND BONDED WE WRAP FURNITURE USING PLASTIC AND/OR BLANKETS
FAST AND FRIENDLY
Call Moses:
647-989-4284
647-654-4284

CAREGIVERS

HEALTH CARE IS OUR BUSINESS!
PLATINUMCARE
Service you can trust
Provider of Experienced and Dependable:
Registered Nurses
Registered Pratical Nurses
Personal Support Workers
Live in Caregivers/nannies
Sitters
Condo and House Cleaners
For more info: 416 924 5727 or email: info@platinum-care.com

Cadbury one for me
You could win† $100,000 for you.
one for you*
And $100,000 for the charity of your choice.‡
Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca

†NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of $100K + a matching cash donation to a charity of your choice‡. 203 Instant Win Prizes with ARV's from $35 to $1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. ‡Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

Romance wraps up for Jen and Gerard?
Now that Jennifer Aniston has wrapped shooting on The Bounty with Gerard Butler, sources tell Page Six she's worried things will cool off now that the two are going their separate ways. The pair have denied a romance. METRO WORLD NEWS

Celebrity Buzz

Director Bay a tyrant: Fox

UNGRATEFUL? Megan Fox continues her parade of outrageous quotes about life in Hollywood, this time complaining about director Michael Bay, who made her famous with his Transformers films.

"He's like Napoleon and he wants to create this insane, infamous mad-man reputation," Fox told Wonderland magazine.

"He wants to be like Hitler on his sets, and he is. So he's a nightmare to work for."

She even suggests he endangered the lives of her and co-star Shia LaBeouf. "Shia and I almost die when we make a Transformers movie. He has you do some really insane things that insurance would never let you do," she said.

METRO WORLD NEWS

Madonna reconciling with brother?

TIME HEALS Madonna is making moves to reconcile with her brother, femalefirst.co.uk reports.

The singer fell out with Christopher Ciccone over a tell-all book he wrote about the star, which alleged her then-husband Guy Ritchie was a homophobe and that Ritchie was to blame for the breakdown of Ciccone's relationship with his sister.

Madonna was outraged with the publication of Life With My Sister Madonna last year, but is now making steps toward speaking with her brother again and has sent him tentative emails.

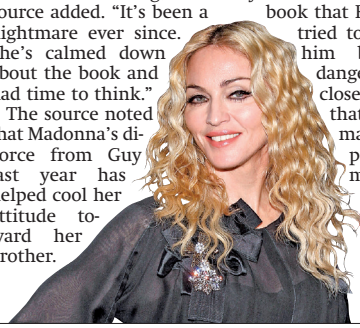
A source told Britain's Sunday Mirror newspaper: "Madonna did it more for her family than for herself. Her feud with Chris was creating huge tension within the family so she decided to be the bigger person.

"At one point Madonna wanted all the family to cut off Chris — but her father wasn't willing," the source added. "It's been a nightmare ever since. She's calmed down about the book and had time to think."

The source noted that Madonna's divorce from Guy last year has helped cool her attitude toward her brother.

She was originally upset by claims in Ciccone's book that Ritchie once tried to intimidate him by driving dangerously close to him, and that his friends made homophobic remarks to him at Ritchie's stag party.

METRO NEWS SERVICES



Rihanna's got a new boyfriend?

MOVING ON Rihanna has been spotted around Los Angeles with Travis London, who was previously linked to Mary-Kate Olsen, according to Gatecrasher.

"They were very silly and touchy-feely. She looked like she was having a really good time," said a source of the pair.

METRO WORLD NEWS

Rumer dreams of parents' reunion

FANTASY Rumer Willis, whose own acting career is taking off, would like to get her parents back together — onscreen, at least. "You know I'd really love that," Willis mused to People about co-starring in a project with dad Bruce Willis and mom Demi Moore.

METRO WORLD NEWS

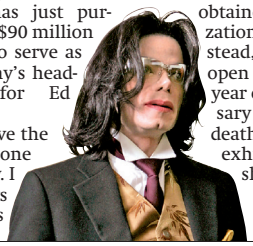
Neverland sold to designer

REAL ESTATE MOGUL Michael Jackson's beloved Neverland Ranch reportedly has a new owner. According to AFP, designer Christian Audigier has just purchased the $90 million US estate to serve as his company's headquarters for Ed Hardy.

"I can have the house in one month now. I get the keys two weeks from today," Audigier said in an interview.

Though he'd originally planned to turn the ranch into a museum, he hasn't obtained the authorization to do so. Instead, Audigier will open the doors each year on the anniversary of Jackson's death and organize exhibits and shows.

METRO WORLD NEWS



Björk's marriage on the rocks?

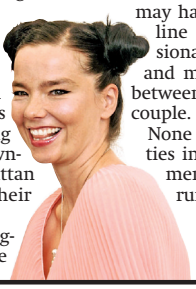
RUMOUR MILL Music and art world gossip-mongers are getting worked up over word that Björk and artist Matthew Barney might be splitting up.

Gawker.com points out that they just purchased a house in Brooklyn Heights without unloading either their downtown Manhattan apartment or their Long Island home.

While the sluggish real estate market could explain the lack of sales, others speculate that Barney's working relationship with fellow artist Elizabeth Peyton may have crossed the line from professional to personal and may have come between the married couple.

None of the parties involved commented on the rumours.

METRO WORLD NEWS



Robert's many male fans

NOT THE USUAL FANBASE Robert Pattinson has grown used to all the female attention sent his way by rabid Twilight fans, but what he wasn't prepared for was all the interest from other men.

"There's a few male Twilight fans," Pattinson said, according to Showbiz Spy. "More and more guys ask me for autographs in fact."

He admits he's a bit concerned as to why so many men would be interested in his autograph. "Unless they're only doing it to sell them on eBay," he muse

METRO WORLD NEWS

Jonas Bros on the move

ATTN: STALKERS The Jonas Brothers have upgraded their Texas digs, purchasing a six-bedroom, $2.8-million US home in the Dallas suburb of Westlake, according to the Dallas Morning News.

While the family band spends most of its time in Los Angeles, they've kept a home in the Dallas area for years.

New neighbours include former Dallas Cowboys quarterback Drew Bledsoe, major leaguer Mark Teixeira and former British Open champion Brian Watts.

METRO WORLD NEWS

Celebrity tweets

Russell Brand enjoys his new neighbour in New York, Danny Masterson has high hopes for his anniversary, and Courtney Love reflects on her career before music.

- @rustyrockets Katy Perry is moving into the hotel room opposite. I'm stealing a room service uniform. A female one, obviously-"cherry chapstick delivery."
- @dannymasterson 5 year anniversary for me and the lady 2day..... Hoping to get to 2nd base!
- @Courtneylover79 i suppose a lot of people have been reduced to such circumstances. thank god i worked with my hands on wardrobe on films most of my nascent life, and when i did strip i just worked that pole and played loads of guitar.

METRO WORLD NEWS

GETTY IMAGES

Medix School
WWW.MEDIXSCHOOL.CA
CAREER FOCUSED DIPLOMA PROGRAMS INCLUDE:
- INTRA-ORAL DENTAL ASSISTANT
- MEDICAL & GENERAL LAB ASSISTANT
- MASSAGE THERAPY
- MEDICAL OFFICE ASSISTANT
- PERSONAL SUPPORT WORKER
- SOCIAL SERVICE WORKER
- PHARMACY ASSISTANT
- DEVELOPMENTAL SERVICE WORKER

VISIT OUR SCHOOL... BECOME A STUDENT FOR THE DAY!

"A CAREER WHERE YOU MAKE A DIFFERENCE IN THE LIVES OF OTHERS"
TORONTO 866.980.0412
SCARBOROUGH 877.464.5715
BRAMPTON 866.980.0687

REAL PEOPLE | REAL TRAINING | REAL JOBS

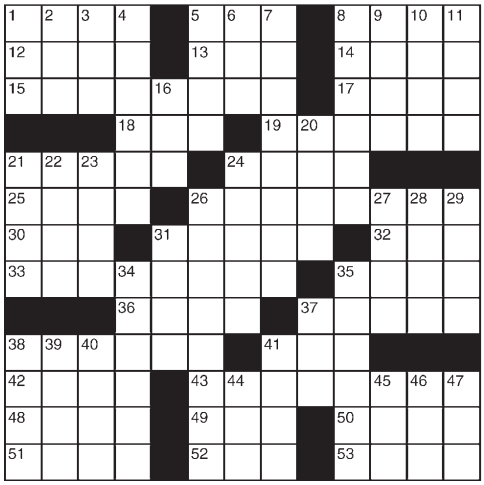
The Weather Network 20 YEARS
©The Weather Network theYear

Today Variable 24° / 15°
Wednesday Partly sunny 22° / 16°
Thursday Showers 20° / 15°

Download WeatherEye™ to your smartphone.

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Philandering sort
5 — Khan
8 Tablespoonful, maybe
12 Right on the map?
13 Gist
14 State with conviction
15 Parentheses' kin
17 Vast
18 Chop
19 Beauty pageant adornments
21 Refuge
24 Proscribes
25 Yale students
26 Uncomplimentary remark
30 Scooted
31 Where the action is
32 Tramcar filler
33 Crashing waves
35 Tatters
36 Prejudice
37 Pack to the future?
38 Insist on
41 Anti
42 Grand story
43 Part of NYC
48 Lima's land
49 "— Town"
50 Stead
51 Unisex shirts
52 Deleted
53 Greek vowels

DOWN

1 CSA soldier
2 Rowing need
3 "Born in the — "
4 Engraves
5 From the top
6 Eviscerate
7 Doesn't vote
8 Upholstery fabric
9 Finished
10 Video-game name
11 Eventful periods
16 Trivia whiz Jennings
20 Oldster from 48-Across
21 KFC additive
22 Winged
23 Tarzan's transport
24 Fox and Rabbit of literature
26 Size comparative, once
27 Sow's mate
28 Jason's ship
29 Criterion
31 Related
34 Erstwhile calculator
35 Irritate
37 Excessively
38 Subdivision (Abbr.)
39 Duel tool
40 Muck's partner
41 String
44 Regret
45 Set afire
46 Verily
47 Greek consonants

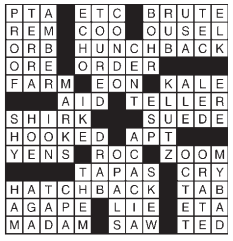
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		9	4	1		7	
7								9
		1				6		
5	4		3		7		6	1
				9				
3	6		2		4		8	7
		4				8		
6								3
	1		8	6	5		4	

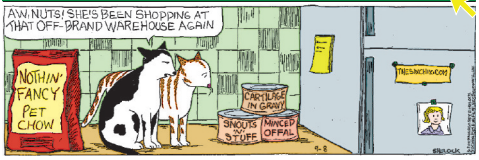
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	9	6	1	3	8	2	4
3	6	4	5	2	8	7	9	1
2	1	8	9	7	4	6	5	3
9	2	6	8	5	1	3	4	7
8	4	5	7	3	6	2	1	9
7	3	1	2	4	9	5	8	6
4	5	2	1	6	7	9	3	8
6	8	3	4	9	2	1	7	5
1	9	7	3	8	5	4	6	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Sweet and Smoky Chicken Legs

INGREDIENTS:
2 medium onions, sliced
3 lbs (1.4 kg) chicken legs
1 1/2 to 2 tsp (7 to 10 ml) hickory smoked salt
1/2 cup (125 ml) ketchup
1/2 cup (125 ml) maple syrup
1/4 cup (50 ml) vinegar
2 tbsp (25 ml) prepared mustard

METHOD:
1. Place onions in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish; arrange chicken in single layer over onions. Sprinkle with salt.
2. Combine remaining ingredients and pour over all, completely coating chicken.
3. Bake, uncovered, at 350 F (180 C) 1 hour or until juices run clear, basting several times.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Some people have a way of getting under your skin, but if you stay calm and refuse to react to their stupidity you will feel better.

TAURUS
APRIL 21-MAY 21
Do whatever it takes to stay on good terms with partners and colleagues, because if you fall out now you may regret it later.

GEMINI
MAY 22-JUNE 21
A family or financial issue must be resolved — not tomorrow or the day after but now. Today's cosmic alignments will make it easy for you to work things out.

CANCER
JUNE 22-JULY 22
Get your head out of the clouds and start thinking along more practical lines. Pluto in your opposite sign of Capricorn will compel you to recognize truths.

LEO
JULY 23-AUG 23
You have never been the sort to dwell on what might have been. As far as you are concerned what's done is done and cannot be undone.

VIRGO
AUG 24-SEPT 22
With the Sun transiting your birth sign you are determined to accomplish great things, and so you shall.

LIBRA
SEPT 23-OCT 23
You may not like making difficult decisions but today's Venus-Pluto aspect will help you push your emotions to one side and do what has to be done.

SCORPIO
OCT 24-NOV 22
Being such a can-do person others are always approaching you to help them out in some way, but time is limited at the moment.

SAGITTARIUS
NOV 23-DEC 21
You'll be on an ultra tight schedule today, so if you had planned to take some time off over the next 24 hours you had best put them on hold.

CAPRICORN
DEC 22-JAN 20
Aim to accomplish something memorable today, something that brings you to the attention of the right kind of people.

AQUARIUS
JAN 21-FEB 18
Certain people may be annoying but don't let them drag you down to their level. If you cannot adopt a positive attitude then just remove yourself.

PISCES
FEB 19-MARCH 20
The planets promise that although things may be tough for you at the moment they will be much better in the long-term.

FLIGHT CENTRE Unbeatable

PUNTA CANA 4-STAR
$395
Grand Paradise Bavaro + taxes & fees $309
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Sep 22/swg/wg.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex: Toronto. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to changeswg/wg=sunwing. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

Find The Relationship Of A Lifetime

Call Today For Your Free Introduction
416 913-5656
Premier Introductions caters to exceptional men and women who are serious about starting a long-term relationship with the right person.
www.premierintroductions.ca PREMIER INTRODUCTIONS

metro AND GUINNESS ARE GIVING YOU THE CHANCE TO

SCAN&WIN

GUINNESS IS CELEBRATING ITS 250TH ANNIVERSARY

ONE LUCKY METRO READER AND A GUEST WILL WIN AN ALL-INCLUSIVE TRIP TO EXPERIENCE **GUINNESS' REMARKABLE WORLDWIDE CELEBRATION IN DUBLIN, IRELAND!** TOTAL PRIZE VALUE $7,000

SCAN THIS BARCODE FOR YOUR CHANCE TO WIN!

LEARN HOW TO SCAN THIS BARCODE ON PAGE 3

250 ESTD 1759 GUINNESS

m.metronews.ca

SEE CONTEST RULES AND DETAILS ONLINE AT METRONEWS.CA

The **GUINNESS**® Word, **HARP**™ Device and **ARTHUR GUINNESS** Signature are trade marks. © Diageo 2009

AIR CANADA VACATIONS

Phoenix

Hilton Garden Inn • 3★
Breakfast • Standard rm.
Sept. 23 & 26 • 3 nts.
$699
Taxes & other fees (including service charges): $137

Carefree Resort & Villas • 3★
Resort rm.
Sept. 23 & 26 • 3 nts.
$729
Taxes & other fees (including service charges): $137

DEALS of the WEEK

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Sept. 12 - 26 • 1 wk.
Upgrade to the Royal Club luxury room for only $229 per person
$499
Taxes & other fees (including service charges): $313

Samana

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Sept. 20 & 27 • 1 wk.
$539
Taxes & other fees (including service charges): $313

Las Vegas

Circus Circus Hotel & Casino • 3★
Hotel rm.
Oct. 26 • 3 nts.
$349
Taxes & other fees (including service charges): $186

Varadero

Sirenis La Salina Varadero • 4 1/2★
All-Inclusive • Standard rm.
Sept. 12 - 27 • 1 wk.
$499
Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Jamaica

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Oceanview rm.
Sept. 10 - 13, 15 - 18 & 22 - 30
1 wk.
$749
Taxes & other fees (including service charges): $267
Please add $50 for Sat. & Sun. departures

Cancun / Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Supersaver deluxe rm.[1]
Oct. 4, 11 & 18 • 1 wk.
$749
Taxes & other fees (including service charges): $290

Barbados

Beach View • 3★
1-bedroom suite
Oct. 6 - 22 • 1 wk.
Barbados Freedom Package included[2]
1 night FREE
$1299
Taxes & other fees (including service charges): $179
Based on Tues. - Thurs. departures

DEAL to EUROPE

Paris
Mercure Paris Austerlitz Bibliotheque • 3★
Breakfast • Standard rm.
Oct. 1, 7, 16 & 18
4 nts.
$697
Taxes & other fees (including service charges): $336

DEAL on CRUISES

Royal Caribbean International[3]
EARN 2,500 BONUS AEROPLAN MILES PER MEMBER[4]
Grandeur of the Seas®
Eastern Caribbean Cruise
Flights to Tampa
Interior stateroom, cat. N
Dec. 21 • 9 nts.
$1569
Taxes & other fees (including service charges): $206

Earn up to 7,400 Aeroplan® Miles per member†

Fly in style – Upgrade to Executive Class® service[5]

aeroplan

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Sept. 8 & 12/09. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages include return flight, the hotel as described and transfers at destination. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to Paris, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Xcaret park tickets not included with this room category. [2]For details, visit www.aircanadavacations.com. [3]Royal Caribbean International Ltd. ships' registry: The Bahamas. [4]Earn 2,500 bonus Aeroplan Miles if booking is made by Oct. 31/09 for departures between Sept. 1 & Dec. 31/09. [5]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.